

USER FRIENDLY MANUAL:

A Guide and Resource Directory For People Living with HIV/AIDS (PLWH/A)

Residing in the Detroit EMA (Eligible Metropolitan Area)
Includes the City of Detroit and Counties: Wayne,
Oakland, Macomb, Monroe, Lapeer and St. Clair

June 2005

Published by Wayne State University – Shiffman Medical Library –
Detroit Community AIDS Library
Supported by Ryan White CARE Act Title I –
Detroit Department of Health and Wellness Promotion, HIV/AIDS Programs

User Friendly Manual Website

An online version of the User Friendly Manual is available through Wayne State University – Shiffman Medical Library's Detroit Community AIDS Library (DCAL). The website is:

www.lib.wayne.edu/dcal

To provide corrections and updated information or to be placed on the mailing list for future updates, please contact DCAL at (313) 577-1094 or by email: ASKMED@wayne.edu .

User Friendly Manual : A Guide and Resource Directory for People Living with HIV/AIDS in the Detroit EMA

Updated June 2005

TABLE OF CONTENTS

MEDICAL / HEALTH INFORMATION RESOURCES

Understanding and Managing HIV	1
The Basics	1
The Immune System	1
T-Cells	1
Opportunistic Infection	2
HIV/Hepatitis C Co-Infection	3
Blood Tests	3
Viral Load Testing	4
Staying Healthier	5
Long-term Survival	5
Working with a Case Management Agency / Health Care Provider	6
HIV Case Management	7
HIV Case Management Organizations	8
Medical Care	10
Free / Low Cost Medical Care	10
Choosing a Provider	16
Infectious Disease Specialists	17
Dental Care	21
Additional Dental Care	21
Vision Care	23
Drug Therapies	23
Research / Clinical Trials	23
Prescriptions and Prescription Assistance Programs	25
MDCH AIDS Drug Assistance Program (ADAP)	26
Other Prescription Options	27
Pharmaceutical Manufacturers	28
Women's Health Issues	29
Birth Control	30
Sexually Transmitted Infections (STI)	32
Effects of HIV on Women	34
Pregnancy Considerations	34
Transmission of HIV to Your Baby	35
Women's Health Support Services	35
Title IV Program / HIV+ Women and Children Program	37
Newborn, Infant and Children's Health Care	37
Immunizations	39
Adolescent and Young Adult Health Care	39

Adherence	40
Nutrition	43
Nutrition Basics	43
Foods During Difficult Times	44
Tips for Oral / Gastrointestinal Problems	45
Food Safety	47
Water Safety	48
Herbs and Supplements	48
Agencies with an Available Dietitian	48
BASIC NEEDS	
Emergency Financial Assistance	49
General Resources	49
Phone Lifeline and Link Up	49
State Emergency Relief (SER)	50
Burial/Cremation Financial Assistance	51
Food	52
Emergency Food Resources	52
Food Cooperatives	53
USDA Commodity Food Distribution	53
Food Assistance Program (FAP)	54
Housing	55
Emergency Shelters	55
Residential Housing Programs / Group Homes	57
Low Income Public Housing	59
Home Maintenance / Repair Services	60
Transportation	61
Reduced Bus Fare	61
Medicaid Medical Transportation	62
Medicaid Managed Care Medical Transportation	63
Free Transportation Assistance	63
Psychosocial Support Transportation	65
Care Outside the Hospital	66
Chore Grant	66
Home Support Chore Services and Skilled Nursing	66
Private Pay Extended Care Services	67
Durable Medical Equipment (DME)	67
Extended Care Facilities / Nursing Homes	68
Hospice	69
Employment / Volunteerism	71
Leaving Your Employment	71

Pension, Short-Term and Long-Term Disability Benefits	71
Life Insurance	71
Social Security Work Incentives	72
Ticket to Work	73
Job Training / Job Seeking and Volunteerism	74
Job Training for Post-Incarcerated Men	75
GED Preparation	76
Volunteer Opportunities	76
Advocacy	76

BENEFITS

General Benefits	77
I.D. / Birth Certificate Assistance	77
Supplemental Security Income (SSI)	78
Presumptive Disability SSI	79
Social Security Disability Insurance (SSDI)	80
State Disability Assistance (SDA)	80
Veteran's Benefits and Services	81
Medical Insurance	82
Health Insurance Portability and Accountability Act of 1996 (HIPAA)	82
HIPAA Exceptions : When HIV Status Can Be Disclosed)	83
The COBRA Law	83
Insurance Assistance Program (IAP) & IAP-Plus	84
Medicaid Plus Private Insurance	84
Private Insurance	84
Medicare	85
Qualified Medicare Beneficiary (QMB) a.k.a Medicare Savings Programs	85
Medicaid	86
Spend Down	88
Adult Benefit Waiver/Adult Medical Program (ABW/AMP)	89
Legal Issues	90
Making Choices	90
Power of Attorney	90
Designation of Patient Advocate	90
Wills	90
Confidentiality	91
Employment	92
Disability Benefits	92
Free Legal Resources	93
Low Cost Legal Resources	94
Life Insurance	95
Selling (Viatical Settlements)	95
Buying	95

COUNSELING / SUPPORT SERVICES	
Emotional/Spiritual Support	97
Support Groups	97
Spiritual Support	98
 Mental Health Counseling	 99
24 Hour Crisis Lines	99
Counseling Services	99
 Addiction / Chemical Dependency	 102
Harm Reduction / Needle Exchange Program	102
Support Groups	102
Regional Substance Abuse Coordinating Agencies	103
Treatment Programs	104
Dual Diagnosis Programs	107
Gambling Addiction Resources	109
Sexual Addiction Support Groups	109
 ADDITIONAL RESOURCES	
 Domestic Violence	 111
 Cultural Resources	 114
 Pet Care	 117
 Other Resources	 118
 Internet Resources	 119
 Credits / Acknowledgments	 122
 Index of Agencies	 123

Please note that the information contained in this manual represents general guidelines and may not apply to every situation. Each case is different, just as each individual is different.

UNDERSTANDING and MANAGING HIV

THE BASICS

HIV (Human Immunodeficiency Virus) is a virus that compromises the body's ability to fight disease. When a person becomes infected with HIV, his or her immune system tries to fight the virus by making antibodies. The presence of these antibodies is detected by an HIV test, and being "HIV positive" means that HIV antibodies were found.

HIV is caused by exposure to an infected person's body fluid (blood, vaginal fluid, semen, and breast milk) primarily through sex, needle sharing, breast-feeding, and during birth. Some people experience flu-like symptoms when they are first infected, but others have no symptoms at all, sometimes for many years. However, even if there are no outward signs of HIV infection, the virus slowly damages the immune system and can be passed to other people.

Having HIV is not the same thing as having AIDS (Acquired Immunodeficiency Syndrome). AIDS is defined by the presence of certain opportunistic infections and/or a CD4 count less than 200 that occur in individuals with very weakened immune systems, as a result of having HIV. This diagnosis can only be made by a doctor or other healthcare provider.

THE IMMUNE SYSTEM

The immune system consists of many different parts of the body working together to fight germs, viruses and other organisms that can make you sick. T-cells and B-cells are the types of blood cells that are part of the immune system. When a germ or virus enters the body, each of these cells does a different job to keep you from becoming ill.

- **T-cells** are the first cells to respond to a germ or virus. They identify the type of germ or virus that has invaded the body. They then send a message to a second type of cell (a B-cell) that actually fights the germ or virus. The HIV virus specifically attacks the type of T cells called T4 or CD4 cells.
- **B-cells** fight the invader by creating proteins called antibodies, which attack the particular type of germ or virus identified by the T-cell. Basically, antibodies act like bullets that will only strike particular targets. However, the antibodies against HIV are not strong enough to kill the virus, and since we do not yet have a medicine that will kill HIV, it continues to live in the blood.

T-CELLS

HIV can live in the body for up to ten years or more before you feel sick. During this time the virus is at work, killing the T-cells, causing the immune system to become too weak to fight the illnesses to which we are exposed. Why HIV destroys the T-cells is not fully known yet. For many people who are infected, HIV will enter the T-cell and begin to multiply. This continues slowly until the cell wall breaks and new infected cells enter the blood and attack more T-cells. As the T-cells are killed, the body is unable to "tell" the B-cells to fight off the common germs and viruses to which we are exposed. If the virus is not suppressed by antiretroviral medication, eventually, most people become ill.

OPPORTUNISTIC INFECTIONS

Opportunistic Infections are illnesses caused by organisms that usually do not cause disease in a person with a healthy immune system. There are several opportunistic infections (OI) that are currently associated with AIDS. While some are very rare, others are unusual manifestations of more common diseases.

Pneumocystis Carinii Pneumonia (PCP) is the most common infection and is caused by a protozoan, an amoeba-like organism, commonly found in soil, houses, offices and just about everywhere else. In healthy people it causes no problems. However, people with compromised immune systems, if left untreated, can develop pneumonia. Shortness of breath with an unproductive cough can be a sign of PCP and warrant a visit to the doctor. There are effective prophylactic, or preventative, treatments, so regular medical treatment is very important.

Kaposi's Sarcoma (KS) is a form of cancer that is commonly referred to as a skin cancer because of the lesions that range from pink to purple to brown, depending on skin color. KS is becoming less common as the epidemic progresses. It can occur in the nose, eyelids, mouth, rectum, internal organs, and on other areas of the body. KS is treated with chemotherapy. There is no drug therapy to help prevent KS.

Toxoplasmosis (TOXO) is a parasite that infects the brain, and occasionally the heart and lungs. Its symptoms include fever, weakness, confusion, seizures, and dizziness. Like PCP, it is found in soil, but it is also found in cat feces. Those infected with HIV should avoid cleaning cat boxes or digging in soil with their bare hands, and shouldn't eat undercooked meat. TOXO can be controlled with drugs but is never completely destroyed. There is prophylactic treatment available.

Cryptosporidium is a protozoal infection commonly found in farm animals. It can cause severe diarrhea that can last for months, and may produce gallons of waste each day. Diarrhea this severe can cause weakness and result in death due to fluid loss. It can be found in the water supply, so drinking purified water may be advisable. There are drugs to treat it. There is no prophylactic treatment.

Mycobacterium Avium Complex (MAC) is actually caused by two very similar bacterial organisms. This bacterial infection can be localized or spread throughout the body. It is a life threatening disease, but new therapies are available for both prevention and treatment. MAC is extremely rare in people who are not infected with HIV.

Cryptococcal meningitis is a fungus that infects the covering of the brain and spinal cord. Like most other diseases that involve the central nervous system (CNS), it can cause headaches, dizziness, and confusion. Other symptoms are blurred vision, nausea, memory loss, seizures, fever, and speech difficulties. This organism can also affect other parts of the body. It is treatable if identified early.

Cytomegalovirus (CMV) is a common viral infection found in many adults, although it does not usually cause illness in healthy people. Because it remains in the body for life, it can manifest if the immune system becomes severely damaged or suppressed by drugs. CMV Retinitis is an eye disease common among people with AIDS and can be treated with medications if caught soon enough. Without treatment, CMV can cause loss of vision in one or both eyes.

Neurological complications occur because HIV has the ability to directly infect the cells of the brain and spinal cord. This may produce motor control problems, memory loss, mood swings, headaches, dizziness, dementia, and seizures. It is difficult to diagnose neurological disease as a direct result of the virus, but many people infected with HIV could have neurological problems that range from minor to severe.

HIV / HEPATITIS C CO-INFECTION

Hepatitis C is a viral liver disease that is spread through blood contact, usually through needle sharing during intravenous drug use, but also through blood transfusions before 1992. It may be spread through sexual contact, but the risk is low. Sharing personal hygiene items, including razors and toothbrushes, can also transmit Hepatitis C virus (HCV). Although some people who are infected with HCV do not feel sick, some, especially those with weakened immune systems, may experience serious conditions including liver cirrhosis or liver failure. It is estimated that nearly 25% of HIV infected people in the U.S. are also infected with HCV. Since HIV affects the body's ability to fight off infections, those who have the HCV are more vulnerable to developing these conditions. Hepatitis C-related liver disease has become a primary cause of hospital admission and death among people with HIV. Antiviral drugs, such as Interferon or Pegylated Interferon, are used to treat chronic Hepatitis C, although the treatment works in only 10-20% of those treated. When Interferon is combined with another drug, Ribavirin, the treatment is effective in 30-40% of cases. The National Institutes of Health states that the optimal regimen is Pegylated Interferon and Ribavirin, but this has only been tested in a few co-infected.

For Hepatitis C testing and presentations or additional information

- Call Crystal Epps at Detroit Department of Health and Wellness (313) 876-0844.

For Hepatitis C support group information

- Contact Henry Ford Hospital at (313) 916-2523
- Point of Change Support Groups at (313) 872-2424

For Hepatitis C hotlines

- Centers for Disease Control and Prevention toll free (888) 443-7232 or www.cdc.gov/hepatitis
- HEP-C Connection at toll free (800) 522-4372 or www.hepc-connection.org
- Be In Charge Program at toll free (866) 444-3004 or www.beincharge.com

BLOOD TESTS

After testing positive for HIV antibodies, you should get some baseline testing done to find out the condition of your immune system at this point. You can easily see how healthy your immune system is by having regular blood tests. Although no one expects you to understand all of the medical terms, it is a good idea for you to have a basic idea of what your blood tests reveal.

Complete Blood Count (CBC)

This is a routine series of tests that give a very general picture of your health. The complete blood count gives information about the number and types of red and white blood cells. There are four components of the CBC which deserve attention:

- **Red Blood Cells (RBCs)** are cells that bring oxygen to all parts of your body. The part of the red cell that carries oxygen and gives it its red color is called hemoglobin. People with HIV infection will sometimes have lower than normal levels of hemoglobin, although the

reason is not clear at this time.

- **White Blood Cells (WBCs)** make up part of your immune system. Their main purpose is to fight infection, which is why it's important to keep an eye on them. White blood cell counts in HIV+ people are often lower than normal. This can be due to HIV itself, from drugs used to treat HIV infection, or opportunistic infections. The normal WBC ranges from 4,300 -10,000.
- **Platelets (PLAYT-lets)** are cells that help blood clot. A CBC can provide an estimate of the platelet count, but absolute numbers can be ordered by your healthcare provider. Normal values range between 140,000 and 350,000. Providers often monitor platelets because platelet counts below 50,000 can lead to bruising or bleeding. The good news is that there are several therapies that can be used to increase platelet counts.
- **T-Cells** are your immune system's fighter cells. The T4 or CD4 cell is the main one affected by HIV. Checking CD4 count is a standard part of blood testing. The lower the CD4 count, the more vulnerable you are to infections. Generally, a CD4 count greater than 350 will give normal immune function. When a person takes medications regularly, the CD4 count will often improve, and missing doses often leads to lower CD4 counts and risk of infections.

GART

GART (Genotype Antiretroviral Resistance Testing) is performed at some medical centers. This test is used to determine if HIV in your bloodstream is sensitive or resistant to medications you are taking. Some doctors use GART to help decide medications you should take.

VIRAL LOAD TESTING

Viral Load, also called Viral Count, is a test that counts the number of HIV virus in your blood. RNA is the part of HIV that knows how to make more virus. When people have high viral loads, it means that you have a lot of virus circulating in your system. People with high viral loads sometimes get sicker more quickly than people with low viral loads. HIV medicines do not cure AIDS but may lower the amount of HIV circulating in your system.

Measuring the viral load is a standard part of the blood testing. It is a measurement of the amount of HIV virus in the blood; it does not measure the level of the virus in the brain or the lymph system. It is important in getting an accurate picture of how much the HIV has reproduced in your system. When your Insurance Company denies reimbursement for viral load tests, you can access the following assistance program:

Amplicor HIV-1 Monitor™ Viral Load Test

Roche Diagnostic Systems

Toll free 1- (888) 837-8727

www.roche-diagnostics.com/products_services/hiv_monitoring.html

You may also utilize the Michigan Department of Community Health (MDCH) AIDS Drug Assistance Program (ADAP) to cover viral load testing, if you qualify. See **ADAP** section for further information.

STAYING HEALTHIER

Stop or reduce all "high risk" behaviors, such as sharing needles or having vaginal, anal and oral sex without using a latex condom. If you are infected with HIV and other STDs like gonorrhea or syphilis, you can weaken your immune system. Remember, even if your partner is also HIV+, you still run a high risk of reinfection if you do not practice safe sex. Try to avoid or reduce consumption of all drugs, alcohol, and cigarettes. All of these can weaken your immune system and interfere with medication adherence.

Eat food that is healthy. Be careful to avoid raw eggs, raw seafood, and undercooked meat. Read the section **NUTRITION** for more information about eating in a healthy way.

If you are an infected woman, you should know the possible dangers of becoming pregnant. You risk infecting your baby and its father, and you can further weaken your immune system. Pregnant women should see an OB/GYN as soon as possible. Read the section **PREGNANCY CONSIDERATIONS** for more information.

Continue regular dental check-ups every six months. There is a connection between your teeth and a healthy immune system. The indications of HIV found in your mouth are sometimes the first symptom that your immune system is becoming weak. Some people develop HIV-related periodontal disease which causes tooth and gum loss.

Be very careful when cleaning cat boxes, birdcages, and aquariums. Animal droppings contain germs that can make you sick. Be sure to wear latex gloves (or nonlatex gloves if there is a latex allergy). Educate yourself. Find out everything you can about ways to fight this virus. Most of all, remember that there are people who care about you, your questions, and your health, so don't be afraid to speak up if you need help.

LONG-TERM SURVIVAL

Those who have been HIV positive for many years know that there can be unexpected challenges associated with living with the virus. While side effects of treatments or medication resistance often come to mind as important long-term survival issues, dealing with emotional issues - such as survivor's guilt and maintaining quality of life - is just as important.

Medical and Physical Issues

Two primary issues related to long term survival are lipodystrophy/lipoatrophy and wasting. Lipodystrophy/lipoatrophy describes a group of related symptoms that people living with HIV may experience. These symptoms include: sunken cheeks, increased fat in the face, the appearance of veins in the legs, loss of fat in the arms, loss of shape in the buttocks, increased fat in the gut, breast enlargement, fat on the back of the neck, and fatty growths around the body. Although it is unclear just how many people with HIV have lipodystrophy/lipoatrophy, reports indicate that the condition has been on the rise since the introduction of protease inhibitors in 1996. The exact cause of HIV-related lipodystrophy/lipoatrophy is unknown, but the condition seems to be more likely to occur in individuals who have undergone Highly Active Anti-Retroviral Therapy (HAART) over a long period of time.

While it is difficult to ignore changes in body shape, it is also important to recognize that lipodystrophy/lipoatrophy may cause physical consequences that are not as obvious. In some reports of people with lipodystrophy/lipoatrophy, there were also increases in triglyceride levels,

changes in cholesterol levels, insulin resistance (marking the onset of diabetes), and increased blood pressure.

Although little is known about how to treat lipodystrophy/lipoatrophy, there are treatment methods that may offer some positive results. These range from diet and exercise to plastic surgery. If you are experiencing problems that you think are related to lipodystrophy/lipoatrophy, speak with your doctor about your options. A good resource for lipodystrophy/lipoatrophy information is The Body (www.thebody.com).

Wasting is another physical issue related to long term survival. Wasting is the involuntary loss of more than 10% of body weight in one month, accompanied by diarrhea or weakness with fever. To measure wasting, bioelectrical impedance analysis (BIA) is used to assess lean body mass. Wasting is thought to be caused by a combination of decreased food intake, inadequate absorption of nutrients, and changes in metabolism. To reduce problems with food intake, the appetite stimulants Marinol and Megace may be prescribed. Problems with food absorption can be managed by treating diarrhea and intestinal infections. Nutritional supplements such as Ensure are often used as well. Steroids and hormone treatments are being studied to determine their impact on changes in metabolism.

Emotional and Psychological Issues

One aspect of long term survivorship that can be difficult involves the changing expectations individuals have concerning their own survival. For many who were diagnosed in the early years of the epidemic, living more than a few years seemed difficult to imagine. Now, more than twenty years into the epidemic, many slow progressers must deal with the fact that they are living despite not being expected to. The emotional highs and lows of long term survival-or preparing to die, and then preparing to live again-can lead to intense stress, making long term survivors vulnerable to depression and substance abuse.

Survivor guilt is an issue that many long-term HIV survivors face. Any survivor of a traumatic event causing many deaths, such as Holocaust survivors or more recently, those who were involved in the September 11th, 2001 terrorist attacks, may experience difficulty reconciling why he or she was not killed when so many others were. HIV survivors, care givers, and those who work in the field may experience guilt pertaining specifically to HIV. In particular, for individuals living with the virus who have seen many friends die, dealing with conflicting feelings of loss and guilt can be devastating.

Maintaining quality of life is another important issue for all infected with HIV/AIDS. In the process of working with your doctor to extend your health, you may want to consider how this process will impact your emotional well being and how that relates to quality of life.

WORKING with a CASE MANAGEMENT AGENCY / HEALTH CARE PROVIDER

You may or may not already have a regular health care provider. It is important that you work closely with a provider now that you've learned you're HIV positive. It may not be easy to find one that you feel comfortable seeing. You can refer to the section on MEDICAL CARE in this manual for some tips on finding a provider. If you are a Medicaid recipient you may have to choose a managed care provider. You may also want to seek case management. A case manager can be an invaluable source of information and support. Please see the **HIV CASE MANAGEMENT** section.

HIV CASE MANAGEMENT

Case management is a client centered approach to linking people with health care, psychosocial and other needed support services. Case management services focus on improving access to appropriate services and promoting continuity of care by coordinating service delivery.

As a means of enhancing the health status and quality of life for people infected with and affected by HIV, case management is comprehensive and is designed to last until clients have maintained optimal health status for 6 months and are receiving all necessary ancillary services, or as long as the client has an ongoing need for help and information. Case management agencies can also provide a one-time service with a signed release. Case management is also a formal system that assesses the need for services and tracks how they are utilized. This helps local communities to plan and allocate resources across a wide array of services.

While case management has neither a standard definition nor set guidelines, its main purpose is to provide services that decrease barriers to medical and support services, while increasing quality of life. There are basic functions that are common to most case management providers, including:

- Intake
- Assessment
- Service Plan Development & Implementation
- On-going Monitoring and Evaluation
- Reassessment (on an on-going or periodic basis)
- Discharge

Michigan has statewide Principals and Standards for Case Management.

All case management organizations strive to maintain a client's right to:

- A quality life
- Privacy and confidentiality
- Self-determination
- Non-discrimination
- Compassion
- Culturally competent service
- Dignity and respect

Some services that are offered by one case management organization may not be offered by another.

Remember:

The decision about which case management organization you choose is completely up to you! However, there may be waiting lists at times. All your immediate needs should be addressed even if you have to wait to be assigned a case manager.

HIV CASE MANAGEMENT ORGANIZATIONS

AIDS Consortium of Southeastern Michigan (ACSEM)

645 Griswold St., Ste. 1600
Detroit, MI 48226
(313) 496-0140 or toll-free (800) 826-1662
Fax (313) 965-0123

ACSEM provides case management services for women and children and those recently released from correctional facilities. Early intervention programs are available.

AIDS Partnership Michigan (APM)

2751 E. Jefferson Ave., Ste. 301
Detroit, MI 48207
General Number: (313) 446-9800
For services & information: (313) 446-9816 or 446-9827
Fax (313) 446-9839
www.aidspartnership.org

APM's Client Care Services comprehensive program includes a wide variety of care components. Care options include individual & family therapy, psychiatric evaluations, HIV education & adherence assistance, community workshops, a bimonthly workshop for ex-offenders, transportation to initial doctor appointments for the newly diagnosed, case management, and benefits assistance for public as well as private insurance/disability programs. French and Spanish-speaking case managers are available.

Community Health Awareness Group (CHAG)

1300 W. Fort St.
Detroit, MI 48226
(313) 963-3434
Fax (313) 963-1832

CHAG primarily serves the African-American substance using population in the City of Detroit, but they serve all others in need as well. They provide case management services as well as support groups, offering a gay/bisexual men's group, a friends and family group and a monthly long-term survivors group. Transportation is available to all support groups. CHAG also offers Prevention Case Management through the STARRS Program. This program provides risk reduction counseling to HIV+ individuals and coordinates with Ryan White funded case management programs.

DEAF Community Advocacy Network (DEAF C.A.N.)

2111 Orchard Lake Rd., #101
Sylvan Lake, MI 48230
(248) 332-3331 voice or (248) 332-3323 TTY
Fax (248) 332-7334
www.deafcan.org

DEAF C.A.N. focuses on the needs of HIV positive individuals in southeastern Michigan who are deaf or have a hearing impairment. They provide case management, communication support (interpreters and assistive listening devices), information/referral and other services.

St. Clair County Health Department

3415 28th St.
Port Huron, MI 48060
(810) 987-5300 ask for Case Management program
Fax (810) 985-2150
www.stclaircounty.org/offices/health

Provides assistance for people living with HIV/AIDS in St. Clair County in accessing needed services.

Visiting Nurse Association (VNA) of Southeast Michigan

25900 Greenfield Rd., Suite 600
Oak Park, MI 48237
(248) 967-1440 or toll free (800) 882-5720
Fax (248) 967-8720
www.vna.org

For Ryan White Case Management services call (800) 882-5720 and ask for the Intake Case Manager of the day. A case manager assists clients in managing their care by putting them in touch with services available in the community, keeping track of those services, and providing advocacy and support. They can also help locate a physician if the person does not already have one.

After-hours Case Management

VNA has an after-hours component (5 pm - 7am and weekend phone coverage) to respond to persons with urgent needs. Individuals do not have to be VNA Case Management clients to use this service.

MEDICAL CARE

Any area of medical care that is not covered by Medicaid or other insurance is "unsponsored" or "uncompensated" care. This means you will be billed and in most cases expected to pay the bills in full. If you do not have sufficient income or resources to pay the bill in full, contact the billing office of the doctor or hospital and ask if you can contract to make monthly payments. Do this before it gets sent to a collection agency. Most places will try to work something out with you. Please, do not forego medical care because you are worried about how to pay for it. It can be worked out. Several clinics in Detroit offer HIV medical services on a sliding scale or free of charge.

FREE / LOW COST HEALTH CARE **(NOT NECESSARILY HIV/AIDS SPECIFIC)**

Arab-American and Chaldean Council (AACC)

www.arabacc.org

AACC Detroit Headquarters

111 W. Seven Mile Rd.
Detroit, MI 48203
(313) 893-5269
Mon – Fri 8:30 am – 4:30 pm

AACC Community Health Center

16904 W. Warren
Detroit, MI 48228
(313) 846-8156
Mon – Fri 8:30 am – 4:30 pm

Primary care for adults and children; teen health, substance abuse, smoking cessation programs. If no insurance, the cost is \$10 or according to ability to pay.

ACCESS Community Health Center (Arab Center for Economic and Social Service)

6450 Maple St.
Dearborn, MI 48126
(313) 216-2200, fax (313) 584-3206
Mon – Fri 9 am – 5 pm
www.accesscommunity.org

ACCESS accepts clients on a walk-in basis or by appointment. All insurance policies accepted. If no insurance, the cost is \$25 for an office visit.

American Indian Health & Family Services of Southeastern Michigan

4880 Lawndale
Detroit, MI 48210
(313) 846-3718, fax (313) 846-0150
Mon – Fri 8 am – 5 pm
www.detroitindianhealth.org

Services free for American Indians who meet eligibility criteria. These include medical, dental, substance abuse, mental health services, and prevention services for youth.

CHASS (Community Health and Social Services) Clinics

www.chasscenter.org

Southwest:

5635 W. Fort St.
Detroit, MI 48209
(313) 849-3920

Mon - Fri 8 am - 5 pm; Tue until 8 pm by appointment

Because of client volume, adults should call at the first of the month to schedule an appointment for the next month. There is a sliding fee scale if no insurance.

Midtown:

801 Virginia Park (at 3rd)
Detroit, MI 48202
(313) 556-9907

Mon, Wed, Fri 8:30 am - 5 pm; Tue & Thu 12 pm – 8 pm

Primary care services are provided, and sliding fee scale if no insurance.

Cabrini Clinic

Clinic address:
1435 6th St.
Detroit, MI 48226
(313) 961-7863

Mailing address:
1050 Porter St.
Detroit, MI 48226

Tue 5 pm – 8 pm; Thu 1 pm – 4 pm, 6 pm – 8 pm

www.comnet.org/cabrini

The Cabrini Clinic provides free medical assistance to uninsured adults and is staffed by volunteer doctors, nurses and other health professionals. No referral is necessary. Patients are seen on a walk-in basis. Registration is required and begins one hour before the clinic opens. In addition, a mental health clinic is offered by appointment only on Wednesdays, 3 pm – 6 p.m. Call (313) 961-7863 for more information.

Cass Community Free Medical Clinics

(313) 883-CASS (2277), fax (313) 826-1391

www.casscommunity.com/medical.html

3745 Cass Ave.
Detroit, MI 48201
Sat 9 am – 12 noon

11850 Woodrow Wilson
Detroit, MI 48206
Mon, Wed, Thu 9 am - 4 pm;
Nurse available Tue 12 pm - 4 pm

Focusing on primary care needs of the homeless. The clinic distributes free prescription drugs, samples donated from the pharmaceutical companies, plus administers medical tests and other procedures. Services offered on a walk-in basis at no charge.

Covenant Community Care

559 W. Grand Blvd.

Detroit, MI 48216

(313) 554-1095

Mon, Wed, Fri 8 am - 2 pm; Tue & Thu 4 pm - 8 pm; Sat 8 am – 12 noon

www.covenantcommunitycare.org

Provides primary healthcare services to the uninsured adults and children of Southwest Detroit. Also serves a limited number of Medicare patients. Sliding fee scale with proof of income.

Detroit Community Health Connection, Inc. (DCHC)

www.dchcquality.org

13901 E. Jefferson Ave.

Detroit, MI 48215

(313) 822-0900

Tue & Thu 8:30 am - 8 pm

Mon, Wed & Fri 8:30 am - 6 pm

Sat 9 am – 12 noon

611 Martin Luther King Blvd.

Detroit, MI 48201

(313) 832-6300

Mon - Fri 8:30 am - 5 pm

7900 Kercheval

Detroit, MI 48214

(313) 921-5500

Mon & Wed 8:30 am - 7 pm

Tue, Thu & Fri 8:30 am - 5 pm

Bruce Douglas Health Center

6550 W. Warren

Detroit, MI 48210

(313) 897-7700

Mon & Wed 8:30 am - 7 pm

Tue & Thu 8:30-5:30, Fri 8:30 am - 5 pm

Alternate Sat 9 am - noon

Nolan Family Health Center

111 W. 7 Mile Road

(313) 369-2600

Detroit, MI 48203

Mon - Fri 8:30 am - 5 pm, Wed until 7 pm

DCHC provides primary care and preventive health services for people without insurance. The Jefferson and MLK clinics have an Infectious Disease doctor on staff. Doctors are available who are knowledgeable about current HIV treatments. Fees are sliding scale and can be waived for low income. Identification and proof of income needed. Call to make an appointment. Walk-in slots are available to see a nurse. Free medical care is available for un- or underinsured HIV positive patients through Ryan White CARE Act at the Jefferson and MLK clinics.

Detroit Health Care for the Homeless (DHCH)

2395 West Grand Blvd.

Detroit, MI 48208

(313) 897-2061 or toll-free 1- (888) 791-1500

Mon - Fri 8:30 am - 5 pm

Detroit Health Care for the Homeless (DHCH) provides primary care to adult homeless persons living on the street, in temporary shelters, hotels or living temporarily with others. Services include health screening, management and treatment of acute or chronic medical conditions, referrals to specialty care and human service agencies. HIV medications are not provided.

Detroit Department of Health and Wellness Promotion (DHWP – formerly Detroit Health Department)

www.ci.detroit.mi.us/health

Herman Kiefer Family Health Center
1151 Taylor St.
Detroit, MI 48202
(313) 876-4826, fax (313) 876-0400
Mon, Tue, Thu, Fri 8 - 4:30, Wed 10 - 6:30

Grace Ross Health Center
14585 Greenfield
Detroit, MI 48227
(313) 852-4435
Mon-Fri 8 - 4:30, Sat 8 am – 12 noon

Northeast Health Center
5400 E. 7 Mile Rd.
Detroit, MI 48234
(313) 876-0280
Mon, Tue, Thu, Fri 8 - 4:30, Wed 10 - 6:30

Community Health & Social Services
5635 W. Fort Street
Detroit, MI 48207
(313) 849-3920
Mon, Wed, Thu, Fri 8 - 5, Tue 8 - 8

DHWP clinics offer a wide range of services to Detroit residents, including family planning, pediatrics, OB/GYN, dental, nutrition, etc. Sliding fee scale with proof of income. Below are phone numbers for different Detroit Department of Health and Wellness Promotion services.

General	(313) 876-4000
Drug Treatment	(313) 876-4070
HIV Testing	(313) 876-0756
Medical Care	(313) 876-4826
WIC	(313) 876-4555
TB Clinic	(313) 876-0335
Pediatric Dental Clinic	(313) 876-4239
Adult Dental Clinic	(313) 876-4164
STD Clinic	(313) 876-4170

Father Pops Clinic

400 South Blvd. West (at Bagley)
Pontiac, MI 48341
(248) 334-2126 or (248) 332-9872
Wed 3 pm – 8 pm, Mon & alternate Fri 2 pm – 4 pm

Basic services for the uninsured and underinsured. Most services free. Chiropractic care available most Wednesdays.

MAPI Free Clinic (Michigan Association of Physicians from India)

12701 S. Telegraph Rd., Suite 10
Taylor, MI 48108
(734) 374-3152
Saturday only

Free primary care services to adults who are employed but do not have healthcare benefits.

Mercy Place Clinic

55 Clinton St.
Pontiac, MI 48342
(248) 333-0840
Mon - Fri 8 am - 4:30 pm

General healthcare services by appointment to adult residents of Oakland County. Free for those who meet income requirements.

Mercy Primary Care Center

5555 Conner Ave.
Detroit, MI 48213
(313) 579-4000
Mon - Fri 8:30 am – 5 pm, open Thursdays until 8 pm

Primary care services by appointment to adult residents of the city of Detroit with an income less than 300% of federal poverty guidelines. No insurance accepted; donation requested.

Neighbors Caring for Neighbors Clinics

58944 Van Dyke	215 North Ave.
Washington Twp, MI 48043	Mt. Clemens, MI 48043
(586) 677-3788	(586) 469-3750
Mon 11 am - 6:30 pm	Tue & Fri 9 am - 2 pm, Wed 10 am - 4 pm

Basic medical services for uninsured residents of Macomb County. Appointments preferred.

St. John - Oakland Primary Health Services (OPHS)

46 N. Saginaw
Pontiac, MI 48342
(248) 322-6747
Mon-Fri 8:30 am – 5 pm, Thu until 8 pm

Primary care services. Accept Medicaid and some private insurance. Sliding fee scale for uninsured patients.

Oakland County Child Health Clinics

27225 Greenfield Rd.	1010 E. West Maple Rd.
Southfield, MI 48067	Walled Lake, MI 48390
(248) 424-7066	(248) 926-3341

1200 N. Telegraph, Bldg 36E
Pontiac, MI 48341
(248) 858-1311

Provide care for children from birth to school entry. Eligible families must be Oakland County residents without Medicaid or health coverage. Children must be enrolled by 2 years of age.

Packard Community Clinic

2174 Packard Rd.

Ann Arbor, MI 48108

(734) 971-1073

Mon - Fri 8:30 am - 4:45 pm. Mon, Wed, & Fri evenings until 7 pm.

A full-range clinic offering primary care services including psychiatric, nutrition and social work. All insurance accepted; sliding fee scale for patients without insurance. By appointment only, though same-day appointments possible.

Shelter Association Health Clinic

312 W. Huron

Ann Arbor, MI 48104

(734) 662-2829 ext. 253

Mon - Fri 9 am - 4 pm

Primary care services for the homeless and uninsured. No charge for most services.

St. John Community Health Center

3000 Gratiot

Detroit, MI 48207

(313) 567-7462

Mon - Fri 9:30 am - 4 pm (Tues 10:30 am -5 pm), open one Saturday per month

Free primary care clinic for adults. Appointment necessary.

St. Vincent de Paul Health Center

1600 Pembroke

Detroit, MI 48235

(313) 837-5078

Monday and Thursday afternoons—call for details

Limited primary care clinic for adults. Appointment necessary.

Thea Bowman Community Health Center

20548 Fenkell

Detroit, MI 48223

(313) 255-3333, toll-free (877) 868-2242, fax (313)255-4335

Mon, Tue, Thu, Fri 9 am – 5 pm, Wed 11 am – 7 pm

Offers a wide range of primary healthcare services, including pediatrics, OB-GYN, dental, mental health and social services. Medicaid and most major insurance plans accepted. Sliding fee scale for patients without insurance.

Ziad Healthcare Clinic

4825 McNichols
 Detroit, MI 48212
 (313) 891-2837
 Mon-Fri 9 am – 5 pm
www.ziadhealthcare.org

Primary care services. Accepts most insurance; sliding fee scale for uninsured patients. Walk-ins accepted.

Facilities with Ryan White funding for low/no cost HIV medical care only (see **INFECTIOUS DISEASE SPECIALISTS** section for detailed information on these providers):

Beaumont Hospital.....(248) 551-3000
 Botsford Hospital.....(248) 471-8000
 Children's Hospital of Michigan (CHM).....(313) 745-4450
 Henry Ford Hospital.....(313) 916-2556
 CHM - Horizons Project(313) 924-9493
 Hutzel Hospital (prenatal care).....(313) 993-2681
 Oakwood Hospital.....(734) 727-1115
 St. John Hospital and Medical Center.....(313) 343-7774
 St. John Oakland Primary Health Services.....(248) 322-6747
 St. John Primary Care Specialty Clinic(313) 876-4687
 St. John Primary Care Office(313) 579-4555
 St. John Mobile Unit (313) 530-6063 or 2993
 DMC - University Health Center.....(313) 745-9035
 University of Michigan Medical Center.....1- (888) 224-7939
 Dr. Paul Benson.....(248) 544-9300
 Dr. Anthony Ognjan.....(586) 412-5139

CHOOSING A PROVIDER

One of the most important things you can do is have a health care team that you trust. Keeping up with routine health care is especially important when you are HIV positive.

An open relationship with experienced providers is one of the main things that long-term survivors of HIV infection have in common. Your medical provider is the most important part of this team and thus will be the primary focus of this section. However, dental and eye care are also crucial, as these providers are sometimes the first to notice early symptoms of HIV. See **DENTAL CARE** and **VISION CARE** sections.

Choosing a healthcare provider is a very important decision. If you have friends who are also HIV positive, you can check with them to see if they have found health care providers who are knowledgeable about HIV/AIDS. You can also contact a case manager who can refer you to health care providers who have experience treating people with HIV infection and/or AIDS. See **HIV CASE MANAGEMENT** section.

Some health care providers have little or no experience in treating HIV and AIDS and may not be aware of new treatments. If your physician is such a person, you would do well to find a new one, or ask for a referral to an infectious disease specialist if you are in a managed care system.

At your first appointment with a new physician you may want to ask some of the following questions:

- "Does someone take back-up calls if you are on vacation? Who?"
- "Are you affiliated with a hospital? Which one?"
- "Can you be reached after office hours?"
- "How many clients with HIV infection have you had?"
- "What drug therapies do you generally use?"
- "Do you have any problems with my life style?"
- "How do you feel about my definition of family?"
- "How do you maintain my confidentiality?"
- "Are you willing to work with my case manager and/or other providers?"

It's a good idea to write down your questions before you get there. Write down the answers too, to help you remember what was said. Keeping a journal as a reference can also be helpful. If you don't feel confident about being able to ask these questions or write down the answers, bring a trusted friend or family member with you. They can also provide support and/or another viewpoint.

You should feel comfortable talking to your healthcare provider. Does he or she use words you understand? Does he/she listen to what you say? It's very important that you feel as though your physician is on your side. Treating HIV and/or AIDS is best accomplished by a team.

Although it takes work, you should try to be part of the team with your provider(s) to make it most effective. If for any reason you feel uncomfortable, talk with your provider. If he or she cannot resolve your differences, consider finding a new provider.

INFECTIOUS DISEASE SPECIALISTS

Many people living with HIV choose to see an Infectious Disease (ID) doctor in addition to a primary care physician. You should have an ID Specialist that has the extra training in HIV. An HIV/ID Clinical Specialist generally has the most current information about treatments, clinical trials and other strategies for managing the virus and preventing opportunistic infections. Although all hospitals have Infectious Disease departments, the health care systems listed below are particularly noteworthy for their work in HIV/AIDS.

Free medical care is available to un- or underinsured HIV positive patients through Ryan White CARE Act. The following are Ryan White Providers.

Botsford General Hospital Infectious Disease Clinic

28080 Grand River Ave.

Farmington Hills, MI 48336

(248) 471-8982

Clinic Hours: Tue 9:30 am – 4 pm; Wed 8:30 am – 4 pm

www.botsfordsystem.org

Provides outpatient ambulatory primary care services to HIV infected persons who are uninsured/underinsured. A case manager is on site on clinic days (Tuesdays and Wednesdays).

Children's Hospital of Michigan (CHM)

Project Challenge

Immunology Clinic

3901 Beaubien St., 5th Floor

Detroit, MI 48201

(313) 745-4450 appointments

Mon, Tue, Thu, Fri 9 am – 4 pm

Wed 9 am – 12 pm

www.chmkids.org

CHM Project Challenge provides specialized medical, social and psychological services for children ages birth -18 years and their families who are affected by HIV and AIDS. The program works closely with HIV case management agencies and other community organizations to assist families in understanding and coping with HIV. The program also provides a monthly teen support group for infected and affected teens and a summer and winter camp for infected and affected children ages 5-17. For more information call Janet Nunn, MSW, CSW (313) 745-5289.

Children's Hospital of Michigan (CHM)

Horizons Project - Adolescent / Young Adult Program

3901 Beaubien St.

Detroit, MI 48201

(313) 924-9493

www.chmkids.org

CHM Horizons Project provides comprehensive services to HIV infected adolescents and young adults age 13-24. An interdisciplinary team is committed to providing innovative, individualized, and compassionate care to infected youth. Services include primary care, case management, social work, peer advocacy, counseling, and support groups. Services are provided to individuals regardless of insurance status.

Henry Ford Hospital

Infectious Disease Clinic

2799 W. Grand Blvd.

Detroit, MI 48202

(313) 916-2556

www.henryfordhealth.org

The Henry Ford team of HIV specialists - including physicians, nurses, registered dietitians, pharmacists and social workers - provide comprehensive care for HIV patients, including regular outpatient examinations for early detection and treatment of the complications of HIV/AIDS, antibiotic infusions to prevent and treat complicating infections, and access to some of the latest experimental treatments. These specialists also provide the latest inpatient treatment for more severe complications of AIDS. Ryan White funds are available to uninsured HIV positive patients. The team provides consultations to community physicians caring for PLWH, assisting them in determining the best treatment for their patient and keeping them informed of the latest research protocols. Most forms of insurance are accepted, but if you have an HMO, you may need a referral from your doctor. For transportation to appointments, ask your case manager.

Hutzel Hospital - Perinatal Infectious Disease Clinic

4707 St. Antoine St.
Detroit, MI 48201
(313) 993-2681
www.hutzel.org

Provides prenatal care for uninsured HIV infected women and provides emergency medical care for HIV infected women who have delivered infants in the previous year who require care. Hutzel also provides medication adherence and parenting services.

Oakwood Hospital - Infectious Disease Clinic

2001 S. Merriman Rd, Suite 300
Westland, MI 48186
(734) 727-1115, Fax (734) 727-1131
Every Tuesday and first Thursday of the month
www.oakwood.org

The Infectious Disease Clinic provides treatment and management of individuals with HIV/AIDS in western Wayne County, in collaboration with the Wayne State University - Detroit Medical Center HIV/AIDS Program. The clinic offers physicians who specialize in HIV/AIDS, social workers and counselors to patients regardless of ability to pay, through Ryan White funding.

St. John Health

www.stjohn.org

Detroit
22101 Moross Rd.
Detroit, MI 48236
(313) 343-7774

Oakland Primary Health Services (OPHS)
46 N. Saginaw St.
Pontiac, MI 48342
(248) 322-6747
Wed 1 pm – 5 pm

Primary Care Office
5575 Conner St.
Detroit, MI 48213
(313) 579-4555

Primary Care Specialist Clinic
1151 Taylor St. Rm. 150A
Detroit, MI 48202
(313) 876-4687

St John Health has 4 sites offering care to clients who have no insurance or are underinsured. VNA case managers are also onsite at all sites. In addition, there is a Mobile Unit, in collaboration with Detroit Department of Health and Wellness Promotion, which offers care to HIV+ clients who have no insurance. An RN and a Primary Care Physician staff this unit. To schedule an appointment or obtain information regarding this unit, call (313) 530-6063 or 2993.

DMC-WSU University Health Center - HIV / AIDS Program

Infectious Disease Clinic
4201 St. Antoine POD 7B
Detroit, MI 48201
(313) 745-9035
Mon - Fri 8 am - 5 pm
www.drhuhc.org

DMC-WSU Sinai Grace
22341 W. Eight Mile, 2nd Floor Desk 4
Detroit, MI 48219
(313) 592-3620, Fax (313) 592-3615
Mon - Fri 8:30 am - 5 pm
www.sinaigrace.org/sinaigrace/facilities/aids

The Wayne State University/Detroit Medical Center HIV/AIDS Program provides medical, social, psychological, educational, and advocacy services and works with community organizations to help manage patient care. The clinic provides highly specialized services to men, women and adolescents. In addition, the clinic provides services to the prison population and offers assistance with medication adherence once per week. The clinic can provide care to uninsured or underinsured PLWH, but you are advised to apply for Medicaid prior to your initial visit. If Medicaid is later approved, your bills will be paid retroactively. Ask your case manager for assistance with transportation.

***University of Michigan Health Center
HIV/AIDS Treatment Program***

3120 Taubman Center
Ann Arbor, MI 48109-0378
(734) 936-8186 or toll free 1- (888) 224-7939
www.med.umich.edu/intmed/infectious/hiv

This infectious disease clinic is staffed with doctors, nurses, social workers, and nutritionists who specialize in the treatment of HIV. The clinic provides care to insured and uninsured PLWH. Also available are free mental health services and nutritional consultation to both patients and non-patients who are infected/affected by HIV. Ask your case manager for assistance with transportation.

The following practitioners provide Ryan White funded care through VNA:

Paul Benson, D.O.

2327 Coolidge Hwy.
Berkley, MI 48072
(248) 544-9300

Dr. Benson maintains a private Family Practice in Berkley, MI since 1981. He devotes much of his time to primary care and management of HIV patients and is credentialed as an HIV specialist by the American Academy of HIV Medicine.

Anthony Ognjan, D.O.

Northeast Medical Building
43900 Garfield Rd., Ste. 121
Clinton Township, MI 48038
(586) 412-5139

William Beaumont Infectious Disease Clinics

3535 W. Thirteen Mile Rd.
Royal Oak, MI 48073
(248) 551-3000
www.beaumonthospitals.com

DENTAL CARE

It is very common for people with HIV/AIDS to develop problems in their mouths. Some of those problems are best handled by a medical doctor; others require a dentist or dental hygienist. Some people have dental problems of long standing when they are diagnosed with HIV/AIDS and find they need to take care of them after the diagnosis in order to eat comfortably. Either way, if you find yourself with problems in the tissues of your mouth, it's probably best to check first with your medical doctor to determine whether the solution is medical or dental.

If your doctor says it's dental, and you already have a dentist and insurance, or enough income to pay the bills, you should have no problem getting the care. All dental offices should be routinely practicing techniques that will prevent transmission of the HIV virus--in either direction. You should still tell your dentist that you have HIV or AIDS when you make your appointment. If you were referred by your medical doctor, explain why.

Donated Dental Services (DDS)

www.nfdh.org/state/MI.html

Free dental services are available through the DDS Program. You must be low-income, lacking other resources to obtain dental treatment, in need of extensive dental services, and be considered disabled. The dental services are provided by a panel of private dentists who volunteer their time and resources. Dental labs volunteer their services as well. For more information, or to obtain an application for the Donated Dental Services, call toll free 1- (800) 850-5913.

Michigan Dental Program (MDP)

www.michigan.gov/mdch/0,1607,7-132-2940_2955_2982-45691--,00.html

Currently accepting new applicants as of May 1, 2005, MDP is another program serving HIV positive people in Michigan. Services covered include both preventive and restorative care.

To qualify:

- You must be HIV positive
- You must be a Michigan resident
- Your income level cannot be more than 450% of the federal poverty level (\$3,589 per month).
- Have no other dental insurance, including veterans dental benefits through the Veterans Administration

For more information contact your case manager or the Michigan Department of Community Health (MDCH) at toll free 1- (888) 826-6565.

ADDITIONAL DENTAL CARE

Dr. Gregory Czarnecki

22190 Garrison St., Ste. 302

Dearborn, MI 48124

(313) 562-0255; for emergencies call (248) 486-0087

Mon 9 am – 5 pm; Tue; 9 am – 6 pm;

Thu 9 am – 6 pm; Fri 9 am – 4 pm — hours can vary

Patients seen regardless of city residence. Private insurance is accepted. By appointment only.

Detroit Department of Health and Wellness Promotion (DHWP)

Adult Oral Health Services Department

1151 Taylor St.
Detroit, MI 48202, Room 120 C
(313) 876-4164
Mon - Fri 9 am - 5 pm
www.ci.detroit.mi.us/health

To be eligible to receive dental services, individuals must be Detroit residents, age 18 or older, have a valid Michigan ID and social security card, and be uninsured. You must make an appointment to be seen.

Detroit Department of Health and Wellness Promotion (DHWP)

Pediatric Dental Clinic

1151 Taylor St
Detroit, MI 48202
(313) 876-4239
Mon - Fri 6 am - 2:30 pm
www.ci.detroit.mi.us/health

The clinic provides free services to low-income Detroit residents between ages 3 -18. No emergency walk-ins. Appointments only.

Tri-County Dental Health Council

29350 Southfield Rd., Ste 35
Southfield, MI 48076
(248) 559-7767
Mon - Fri 9 am - 4 pm
www.comnet.org/tcdental

Tri-County Dental Health Council provides information and referral to all persons seeking dental care in Wayne, Oakland and Macomb counties. Through the Council, you can find out about volunteer dentists who are available to assist people working low-wage, full-time jobs with the cost of dental care and a limited emergency program that helps indigent people with painful or severe dental problems get care.

University of Detroit Mercy Dental Services (UDM)

8200 W. Outer Drive	DMC-WSU University Health Center (UHC)
Detroit, MI 48219	4201 St. Antoine, Room 2G
(31) 494-6700	Detroit, MI 48201
Mon - Fri 8:30 am - 5 pm	(313) 494-6700
www.udmercy.edu/dentalhygiene/pt_care.htm	

UDM Dental Services serves patients from Wayne, Oakland and Macomb counties and has the “Care Program” which provides free or low cost dental service to HIV+. To enroll, your doctor must complete a Physician Consultation application form. For routine care and other dental problems, you must request an application by calling one of the numbers above or your case manager. When calling to get the application and schedule the initial appointment, make sure to inform the receptionist that you are making an appointment for the “Care Program” or you may say “Laura sent me” if calling UHC clinic or “Janet or Cindy sent me” if calling Outer Drive clinic. Forms of payment accepted include Medicaid, BC/BS, third party payment, and private

insurance. For emergency treatment, walk in appointments are available at 9:45 am and 1:45 pm daily. UDM participates with the Michigan Dental Program reimbursement program.

VISION CARE

Henry Ford OptimEyes

2799 W. Grand Blvd.
Detroit, MI 48202
Toll free 1-(800) 792-3262
www.optimeyes.com

Provides eye examinations and eyeglasses. OptimEyes does accept Medicaid patients.

Optometric Institute & Clinic of Detroit

3044 West Grand Blvd, Suite 1-253
Detroit, MI 48202
(313) 872-2060
Mon - Fri, 9 am - 5 pm
www.oicdetroit.org

Provides eye examination and eyeglasses. Charges are determined on a sliding scale, depending on your income. Medical insurance is accepted.

DRUG THERAPIES

Combination drug therapies are now the standard course of treatment for HIV. Unless you are a pregnant woman or are being treated for HIV encephalopathy you should expect your physician to prescribe at least three of the approved antiretroviral drugs (more than one drug may be included in a single combination formula) if your CD4 count and viral load test indicate a need for treatment to begin. The current goal of therapy is to have as low a viral load and as high a CD4 cell count as possible. If you want more information about combination therapies ask your health care provider or your case manager.

RESEARCH / CLINICAL TRIALS

There are two major sites in the Detroit metropolitan area that are active in AIDS research. The sites are the Wayne State University / Detroit Medical Center (WSU/DMC) HIV/AIDS Program and Henry Ford Hospital's AIDS Treatment and Research Program. Both sites are involved in the CPCRA research program sponsored by the National Institutes of Allergy and Infectious Diseases, a division of the National Institutes of Health as well as pharmaceutical trials. The goal of both research programs is to bring AIDS research to all communities including people of color, women and injecting drug users, so that all populations can access and participate in clinical trials.

AIDS research often involves the use of clinical trials, which allow doctors to study the risks and benefits of drugs or treatments. If you participate, you may get free medical tests and medications. Some clinical trials test one drug or treatment against another. This is done to see which treatment is more effective.

When you enroll in a clinical trial, the doctor, a research nurse and a social worker explain the study and their roles and yours. If you agree to participate, you sign a consent form, which states that you understand the trial and your role in the study. Participation is strictly voluntary. You can leave the study at any time for any reason and still receive care from your doctor without prejudice.

It is very important to keep all your appointments with both the doctor and research nurse. Appointments may be more frequent when you participate in research studies. This allows the doctor, research nurse and the FDA to monitor how the study medications are affecting you. The medications used are sometimes investigational and must be watched closely for your safety. Trials vary in duration but collecting all of the data is necessary to reach a conclusion. If you participate in clinical trials you are helping the entire HIV community improve treatment options.

Both the Detroit Medical Center's HIV/AIDS Program and Henry Ford Hospital's AIDS Treatment and Research Program offer a wide range of medical, social and psychological services provided by a coalition of health care professionals. Each program has unique qualities of its own. If you are interested in learning more about current projects or in obtaining additional program information, call the following local sites, or contact the national number for AIDS Clinical Trials at toll free 1- (800) 448-0440 or go to this web site www.aidsinfo.nih.gov

***Henry Ford Hospital
AIDS Treatment and Research Program***

Clara Ford Pavilion
2799 West Grand Blvd.
Detroit, MI 48202
(313) 916-3058 Joe Mercier
www.henryford.com/body.cfm?id=38252

***Detroit Medical Center / Wayne State University
HIV/AIDS Program***

Community Program for Clinical Research on AIDS
Administrative Office, 7B UHC
4201 St. Antoine
Detroit, MI 48201
(313) 993-8703 Skip McClatchey - Social Worker/Research Assistant

Children's Hospital of Michigan (CHM)

3901 Beaubien St.
Detroit, MI 48201
(313) 745-5434
www.chmkids.org

Dr. Charles Craig - Mission Health

Barron Professional Building
4870 Clark Road, Suite 204
Ypsilanti, MI 48197
(734) 528-9080
Mon – Thu 8 am - 5 pm

University of Michigan HIV/AIDS Treatment Program

3120 Taubman Center
1500 E. Medical Center Drive
Ann Arbor, MI 48109-0378
www.med.umich.edu/hivaids/trials.html

Call Maggie Catoe, Study Coordinator at (734) 647-9830, the Clinical Nurse line at (734) 936-8186 or toll free (866) 203-2828 for more information about research studies.

PRESCRIPTIONS and PRESCRIPTION ASSISTANCE PROGRAMS

Prescriptions Not Covered by Medicaid

Some drugs are not automatically covered by Medicaid. The state has what's called a "formulary" which lists the drugs that Medicaid will pay for. Usually one drug from every class or group of drugs is covered. However, your doctor may want you to take a drug that isn't on the formulary. You may have an allergy to the covered drug, or your doctor simply may believe the covered drug isn't what YOU need. Ask your doctor to request coverage of your prescription through Prior Authorization.

You cannot call in your own requests. Your doctor must do it. However, you can give your doctor's office some pointers if they've never gone this route before. Tell your doctor that s/he will have to justify how the use of the requested drug is more appropriate than the drug on the formulary. Your doctor will need to have your name and all Medicaid identifying information. For some prescriptions, s/he will need a DEA number. Ask your doctor to request the maximum number of refills at the time of initial contact. Once approved, your doctor will be given an authorization number, which must be presented to the pharmacist at the time your prescription is filled. If Prior Authorization denies your petition for coverage, and you can't afford the drug, contact your case manager for assistance or the HIV/AIDS Advocacy Services Coordinator at toll free 1- (877) 342-2437.

Patient Assistance Programs

When no other reimbursement methods are available (private medical insurance, Medicaid, etc.) there are pharmaceutical programs which cover many of the drugs used for HIV infection, like AZT, Videx, Epivir, Foscavir, Diflucan, Ganciclovir, and protease inhibitors, such as Saquinavir, Ritonavir, and others. Each manufacturer has its own eligibility criteria. Contact your HIV case manager or the HIV/AIDS Advocacy Services Coordinator at toll free 1- (877) 342-2437 for more information.

MDCH AIDS Drug Assistance Program (ADAP)

If your doctor prescribes a drug and you don't have medical insurance to cover it, then you may qualify for this program. Apply for this program if you have applied for Medicaid and/or the Adult Benefit Waiver/Adult Medical Program (ABW/AMP) and are waiting to be accepted. You won't have to wait the 45 days it may take to determine your Medicaid eligibility. Most likely, you'll get approved for this drug program in a short period of time. Once you receive Medicaid, you must use your Medicaid card; or, if you receive the ABW/AMP, you may get a voucher from your DHS (formerly FIA) worker or use your county-issued card.

You may also qualify for the AIDS Drug Assistance Program (ADAP), which is administered by the Michigan Department of Community Health (MDCH) if you are ineligible for Medicaid or already in Medicaid Spend Down. If you are in Medicaid Spend Down, you qualify for this program without filing another Medicaid application, as long as you meet the income and insurance coverage criteria.

To be eligible for the MDCH AIDS Drug Assistance Program, you must:

- Be a resident of Michigan and HIV+
- Have applied for Medicaid and/or ABW/AMP within the last 90 days and be pending an approval or denial
- Have less than 450% of the federal poverty level (\$3,589 per month) unearned or earned gross income for one person. Unearned income includes SSDI, pension, retirement, and unemployment compensation. The income limit increases with each additional family member.
- Not be eligible for any other prescription drug coverage, including Veterans Administration health coverage.

The program is also available to individuals with insurance who have percentage co-pays, such as 80/20 or if you pay co-pays out of pocket, on a case by case basis. Your income cannot exceed 400% of poverty level (\$3,190 per month) and you will need to provide proof of amount of co-pay (such as insurance card or insurance instruction stating dollar amount or percent of co-pay) on your prescription for one month and proof of income (most recent 4 weeks of pay stubs.) You do not need to apply for Medicaid if you are in need of co-pay assistance and send ADAP proof of your income.

The ADAP formulary covers over 170 HIV and non-HIV meds and vaccines. Included are antiretroviral, antibiotic, antimicrobial, antifungal, antiparasitic, antiprotozoal, antiviral, antidiabetic, antidiarrheal, cardiovascular/anti-hypertensive, gastrointestinal, analgesics/muscle relaxants, hyperlipidemia, psychotherapeutic/neuropathy, allergy/respiratory, wasting, Hepatitis C, and other medications. It includes 4 vaccines. CD4, viral load and genotype testing is also available for ADAP clients without other payment resources, through the State of Michigan labs. There is no co-pay for testing.

In addition to filling out the DHS (formerly FIA) application for Medicaid, a two-page form needs to be completed by you and your doctor or case manager and sent to MDCH in Okemos, MI. However, once again, if you are on a Medicaid Spend Down, there is no need to complete another Medicaid application, but do send a copy of your Medicaid Spend Down letter to MDCH.

Call ADAP toll free 1- (888) 826-6565 or 1- (877) FIA-AIDS or your case manager for drug list information. Online information is available at www.mipwa.org/adap_information.htm or www.michigan.gov/documents/TheAugust82002Formulary_38953_7.pdf.

Health Emergency Lifeline Programs (HELP) provides assistance to PWAs statewide who are eligible for the ADAP program. While ADAP or Medicaid applications are pending, HELP provides 2 weeks of HIV medications. Contact HELP at (313) 832-3300 for more information.

If you have any questions, or wish to apply for the AIDS Drug Assistance Program contact your case manager, the DHS (formerly FIA) HIV/AIDS Advocacy Services Coordinator at (313) 456-1678 or 1- (877) 342-2437, ADAP at (517) 335-9333 or toll free 1- (888) 826-6565.

OTHER PRESCRIPTION OPTIONS

The following mail order pharmacies offer low cost HIV related medicine. Some pharmacies will deal with your insurer and may accept partial pharmacy insurance coverage as payment in full.

Capitol Drugs

Toll free 1- (800) 819-9098

Chronimed Specialty Pharmacy

Toll free 1- (800) 227-1195

www.chronimed.com

Diplomat Specialty Pharmacy

G-3320 Beecher Rd.

Flint, MI 48532

Toll free 1- (800) 722-8720

www.diplomatpharmacy.com

Managed Rx Plans, Inc.

Toll free 1- (800) 799-8765

Pharmacare Specialty Pharmacy

Toll free 1- (800) 238-7828

www.pharmacare.com

Priority Pharmacy

Toll free 1- (800) 487-7115

www.prioritypharmacy.com

PHARMACEUTICAL MANUFACTURERS

Many drug companies make their medications available free of charge to patients having no means to pay for them. If you think you may be eligible, talk to your health care provider.

Abbott Laboratories	www.abbott.com
Drug Assistance Program	1- (800) 222-6885
Drug Questions	1- (800) 441-4987
Gilead Drug Assistance Program	www.gilead.com 1- (800) 226-2056
Pfizer, Inc.	www.pfizer.com
Drug Questions	1- (800) 879-3477
Drug Assistance Program	1- (866) 776-3700
GlaxoSmithKline	www.gsk.com
Patient Assistance Program	1- (800) 722-9294
HIV Drug Questions	1- (888) TREAT HIV or 1- (888) 873-2844
Roche	www.roche.com
HIV Therapy Assistance Program	1- (800) 282-7780
Solvay Pharmaceuticals	www.solvaypharmaceuticals-us.com
Marinol Assistance Program	1- (800) 256-8918

Partnership for Prescription Assistance – Michigan

Toll-free 1 (888) 477-2669

www.PPARxMI.org

You can search for additional prescription assistance programs in Michigan at this website to see if you qualify for low cost or free prescription drugs. This program is also known as Helping Patients www.helpingpatients.org

WOMEN'S HEALTH ISSUES

Birth Control Methods and Protecting Yourself from Sexually Transmitted Diseases (STD)

Many forms of birth control are available for HIV positive women. The most important thing to remember is:

No matter what form of birth control you decide on, latex condoms should always be used during sexual contact to prevent sexually transmitted diseases (STD), including HIV, gonorrhea, chlamydia, and syphilis.

STDs are also called sexually transmitted infections (STI). This is especially important for your health, since your immune system may be weakened by other diseases. Remember, it is important to use a condom to protect your partner if your partner is HIV negative. Even if your partner is HIV positive, condoms must be used because your partner may have a different type of HIV than you.

Birth Control Methods

SPECIAL NOTE: The following are various methods used to prevent pregnancy. These methods of birth control will not stop the spread of HIV or other STD when used alone. Latex condoms are important to use every time you have sexual contact to protect yourself against sexually transmitted diseases and other strains of HIV, if your partner is HIV positive. Your health care provider can help you to decide which method is best for you, based on the other medications you are taking. To choose an effective method of birth control and one that will not interfere with your medication, make sure to discuss all options with your nurse or doctor.

Planned Parenthood of Southeast Michigan (PPSM)

Toll-free 1- (800) 230-PLAN

www.ppsm.org

For questions about birth control, STIs, testing or counseling, contact any of the centers listed below. All of Planned Parenthood's services are confidential and provided at a reasonable cost. Most insurances, including Medicaid, are accepted. A sliding fee scale, based on a patient's ability to pay, is also available.

Wayne County

DeRoy Medical Center

3135 Woodward Avenue

Detroit, MI 48201

(313) 831-7776; Fax (313) 831-4699

Livonia Medical Center

37625 Ann Arbor Rd, Ste 107

Livonia, MI 48150

(734) 591-6544; Fax (734) 591-9910

Oakland County

Pontiac Medical Center

132 Franklin Blvd. Ste. 207

Pontiac, MI 48341

(248) 334-2616; Fax (248) 334-2582

Macomb County

Sanger Medical Center

25932 Dequindre

Warren, MI 48091

(586) 758-2100; Fax (586) 758-2104

BIRTH CONTROL

METHOD	ADVANTAGES	DISADVANTAGES	EFFECTIVENESS*
ALTERNATIVES TO INTERCOURSE			
Abstinence	No physical side effects Can be used at anytime Nothing to purchase	Requires commitment and self control Peer pressure	100% if used correctly & consistently
Outercourse	Nothing to purchase	May require creativity and commitment Participants must know their limits and boundaries	100% if used correctly & consistently
HORMONAL METHODS			
Birth Control Pill	Continuous protection against pregnancy; Reversible Protects against painful, heavy or irregular periods, ovarian and endometrial cancer, & infections of the fallopian tubes Less acne	Must remember to take daily Possible side effects include nausea, breast tenderness, weight gain or loss, Rare but serious health risks (blood clots, heart attack, stroke) NO PROTECTION AGAINST STI	95-99.9%
Depo-Provera (the Shot)	Continuous protection against pregnancy for 3 months Nothing to remember daily Menstruation stops in over 50% of women Confidential	Visit to clinician every 3 months Non-reversible until effects wear off, return to fertility may take several months Possible side effects include weight gain, breast tenderness, depression, irregular bleeding NO PROTECTION AGAINST STI	99.70%
Emergency Contraceptive Pills (EC)	Good back up for failure of regular birth control method or in case of forced sex can be used up to 120 hours after unprotected intercourse	Not for regular use May cause irregular bleeding Possible nausea NO PROTECTION AGAINST STI	Works 75-90% of the time depending on when taken
Ortho-Evra (the Patch)	Continuous protection against pregnancy for 1 month Easy to use; no pill to remember Nothing to apply or insert at time of intercourse Less acne	Must remember to replace patch weekly and not wear during the week of menstruation Possible side effects include breast tenderness, skin reactions, breakthrough bleeding NO PROTECTION AGAINST STI	98-99%
NuvaRing (the Ring)	Continuous protection against pregnancy for 1 month No precise placement necessary Nothing to apply or insert at time of intercourse, no pill to remember Less acne Confidential	Must remember to remove during week of menstruation and then reinsert for next 3 wks Requires comfort with own body to insert Possible side effects include vaginal discharge, headache, breast tenderness NO PROTECTION AGAINST STI	98-99.3%
Intrauterine Device (IUD)	Continuous protection against pregnancy for 5-10 years Reversible Nothing to remember	Not suitable for all Rare but serious health risks (Pelvic Inflammatory Disease, expulsion or perforation of uterus) Heavier periods NO PROTECTION AGAINST STI	98-99.4%

BARRIER METHODS			
Condom	Good protection against STI Male involvement Inexpensive Available over the counter	May interfere with spontaneity May "forget" to use May leak or break if used incorrectly	86-97%
Diaphragm or Cervical Cap	Can be inserted before intercourse Allows multiple acts of intercourse	Requires fitting May "forget" to use Requires some skill and comfort with one's body to insert NO PROTECTION AGAINST STI	80-94%
Female Condom	Female-controlled Over the counter Good protection against STI Alternative for people with latex allergies	May be difficult to insert May become dislodged during intercourse Expensive	79-95%
Spermicides	Available over the counter in a variety of forms (foams, gels, creams, films, suppositories) to be inserted vaginally	Timing: must insert close to intercourse, may be allergic	74-94%
Vasectomy or Tubal Ligation	Permanent protection against pregnancy Nothing to remember	Requires non-reversible surgery For people who have decided not have anymore children NO PROTECTION AGAINST STI	99.5-99.9%
Withdrawal	Nothing to purchase Available as a last resort Better than nothing	Dependant on male partner Requires commitment and great control NO PROTECTION AGAINST STI	Depends on individual user
OTHER METHODS			
Fertility Awareness Method	Nothing to purchase Permitted by some religious groups that prohibit use of other methods	Requires commitment No intercourse for much of menstrual cycle NO PROTECTION AGAINST STI	75-99%
No Method	Nothing to purchase	No protection against pregnancy NO PROTECTION AGAINST STI	15%

* Effectiveness

The 1st number indicates typical use of a method, while the second number indicates "perfect" use of a method. If a method is 99% "effective", one woman in 100 having sexual intercourse regularly for one year is expected to become pregnant. If a method is 15% "effective", 85 women out of 100 would be expected to become pregnant.

This information was obtained and adapted with permission from Planned Parenthood of Southeast Michigan (PPSM).

SEXUALLY TRANSMITTED INFECTIONS (STI)

INFECTION	FEMALE SYMPTOMS	MALE SYMPTOMS	POSSIBLE PROBLEMS	OTHER	ANNUAL NEW CASES
Gonorrhea	Pus-like vaginal discharge, lower abdominal pain, painful urination or no symptoms at all	Pus discharge from penis. Pain when urinating. May have no symptoms	Infertility (not able to have babies), repeated pelvic infections in women, damage to newborns	Symptoms show up 2-21 days after sex. Curable with proper treatment.	650,000
Chlamydia	No symptoms for 60-80% of women. Some have vaginal discharge, pain when peeing, dull pelvic pain or bleeding between periods	No symptoms for 50% of men. Pain when urinating or watery discharge from penis.	Infertility in men and women, eye and lung infections in newborns	Symptoms show up 7-28 days after sex. Once identified, Chlamydia can be cured painlessly with antibiotics.	3 million
Trichomoniasis	Vaginal itching, often severe. Heavy green/yellow vaginal discharge with strong smell.	Frequently none. Occasionally a discharge from the penis	Partners may frequently pass this disease back and forth leading to repeat infections	Curable but both partners must be treated	5 million
Syphilis	A sore, usually painless. Later rash may develop on other parts of the body (usually hands and feet). There may also be sore throat, fever, swollen glands. Symptoms disappear but person still infected		Heart, spine and brain may be affected. Severe threat to developing fetus	Symptoms show up anywhere from 3 weeks to 6 months after sex. Detected by simple blood test. Cured with antibiotics	70,000
Hepatitis B	Symptoms vary a lot. Some have no symptoms. Others experience loss of appetite, fever, tiredness, pain in liver area, jaundice (yellowing of the skin.)		Major cause of liver cancer. May cause death. Can be passed to newborns by mother	Symptoms show up 1-9 months after infection. A vaccine is available to prevent Hepatitis B	120,000
HIV/AIDS	For both sexes, early symptoms may be recurring fever, night sweating, shortness of breath, dry cough, constant tiredness, diarrhea, rapid weight loss, swollen glands or increase in severity or number of illnesses - or no symptoms at all		No cure has yet been found. AIDS has been fatal in more than 50% of the cases	Symptoms show up months to years after infection. HIV is a virus that can be transferred through blood, semen, vaginal secretions and breast milk.	41,000 new cases

HPV or Genital Warts	Virus that's linked to cervical cancer in women and other cancers in men. Some strains may cause warts found on or around genitals or rectum. A clinician must treat them. Passed by skin-to-skin contact, so condoms won't be as effective		Warts can grow large and obstruct penis, vagina or anus	Symptoms show up 1-8 months after infection. Sexually active females should receive annual pap smears to test for cervical cancer.	5.5 million
Genital Herpes	One or more blister-like sores on, in or around the genitals. Some may look like a rash or cut and is often painful. Symptoms go away. Passed by skin-to-skin contact, so condoms won't be as effective		Can cause severe damage to infants of mothers with active infections at the time of delivery	Symptoms show up 1-30 days after sex or longer. Can be spread when there are no symptoms. Repeated flare-ups may occur after then first infection.	1 million

This information was obtained and adapted with permission from Planned Parenthood of Southeast Michigan (PPSM).

EFFECTS OF HIV ON WOMEN

There is still much to learn about how HIV infection specifically affects women, and there is a lot of research going on in this area. Keep in mind that many of the HIV-related symptoms you may experience will not be gynecological and will be similar to those found in men. This information is meant to supplement the basic information offered throughout this manual.

Yeast Infections: Many HIV positive women experience recurrent vaginal yeast infection as their first HIV-related symptom. If the immune system is still fairly strong, these yeast infections can usually be treated quite successfully. HIV positive women with weaker immune systems may experience chronic or less treatable vaginal yeast infections. Remember that recurring yeast is fairly common among women with no HIV infection as well, and it does not need to be a cause for immediate alarm. If you do experience many yeast infections, they should be monitored along with your T-Cells and treated.

Cervical Cancer / Dysplasia: Abnormal Pap smears, cervical dysplasia, and cervical cancer occur more commonly in HIV positive women than in those not infected. It is important for you to have a Pap smear at least once a year. If your T-cell count is less than 500, it is best to have a Pap smear every 6 months. Research has shown that cervical cancer progresses faster in HIV positive women than in negative women, so it is crucial to detect early forms of cancer as soon as possible.

Recurrent Pelvic Inflammatory Disease (PID): Although infection and inflammation of the pelvic organs occurs occasionally in HIV negative women, in HIV positive women this condition may happen more often, last longer, and be difficult to treat. HIV positive women may require repeated or continuous treatment when their immune system becomes severely compromised.

Sexually Transmitted Diseases (STD): Women infected with HIV may have unique symptoms of some sexually transmitted diseases that produce sores, such as syphilis, gonorrhea, chancroid, and herpes. If you notice sores in your genital area, it is important to get prompt treatment. STDs are also called sexually Transmitted Infections (STI).

PREGNANCY CONSIDERATIONS

Health care is important and available. In order for you to get good care and accurate information about being HIV positive and pregnant, you need to find an obstetrician (a doctor who works specifically with pregnant women), preferably one who has specific knowledge about HIV and pregnancy. Do this as early as possible.

Good prenatal care is available for all women, even if your income is low and you have no insurance or Medicaid. Check with your local DHS office if this is your situation. You may also be eligible for the Women, Infants, and Children (WIC) nutritional support program.

Pregnancy may affect your health. Researchers are not sure if pregnancy makes HIV disease progress faster. However, pregnancy does stress the body and normally causes the T-Cell count to lower somewhat. Pregnancy complications are usually about the same for HIV positive and HIV negative women.

Research studies are available if you're pregnant. These usually involve taking a medication, which is being studied as possibly decreasing risk of transmission of HIV to a fetus, and good prenatal care is provided for women who participate. Many women have been involved in this

type of study. **Call the Perinatal Infectious Disease Clinic at Hutzel Hospital at (313) 993-2681** to find out about these studies. Transportation and a stipend will be provided. It may be possible for you to speak to a woman who has participated in such a study if you would like to hear about a personal experience.

TRANSMISSION OF HIV TO YOUR BABY

You can transmit HIV to your infant. All fetuses share parts of their mother's blood and therefore it is possible for a woman to transmit HIV infection to a baby. However, not all babies become infected with HIV. It is not known why some do and some do not. If a woman is HIV positive during pregnancy the baby has approximately a 28% chance of being infected without the mother and the baby taking medication to help prevent the transmission of HIV from the mother to her child. However, if you take Zidovudine (ZDV, AZT) during your pregnancy, receive it during labor, and your child receives it for the first six weeks of life, the chance of you transmitting HIV to your baby drops to 2%! If your prenatal care provider does not know your HIV status, it is important for you to tell him/her, so they can prescribe you medication, not only to prevent you from transmitting HIV to your child, but also to improve your health. Just because you are HIV positive your baby cannot be taken from you.

Transmission of HIV from mother to child occurs during pregnancy, birth, or through breastfeeding, although it is believed transmission mainly occurs during delivery. Research has proven that ZDV treatment, begun in the early months of pregnancy, given to the mother during delivery, and to the baby within the first twelve hours of life and for the first six weeks of life can decrease HIV transmission from mother to child. Good prenatal care, good nutrition and being drug and alcohol free all help to support a healthy pregnancy and possibly decrease the likelihood of HIV transmission from mother to child. Since HIV can be transmitted through breast milk, HIV positive mothers should feed their baby with formula to decrease the chances of the infant becoming infected.

Your infant will need to be tested for HIV. A fetus may become infected with HIV at any point during pregnancy, birth, or breast-feeding. Although about 2% of infants born to HIV positive women will actually become infected, all infants born to HIV positive women will test positive on the HIV antibody test at birth. A PCR (polymerase chain reaction) test should be done as soon as your baby is born. This will tell you whether the baby is infected. Depending on where the hospital has the test performed (whether they have their own laboratory or have to send it somewhere else) it can take up to six weeks to find out whether a baby is infected.

Your infant needs immunizations! It is important for infants born to an HIV positive woman to have all childhood immunizations. However, the injectable polio vaccine (a killed virus) should be substituted for oral polio vaccine (a live virus). You may have to remind your provider not to give the oral polio vaccine.

WOMEN'S HEALTH SUPPORT SERVICES

Community Health Awareness Group (CHAG)

1300 W. Fort St
Detroit, MI 48226
(313) 963-3434
Mon – Fri 8:30 am - 5 pm

CHAG offers a support group for HIV positive women every Tuesday from 3 pm – 5 pm. A free

meal and transportation are provided. Twenty-four hour advance notice is needed for transportation.

Detroit Medical Center (DMC) Hutzel Hospital

Perinatal Infectious Disease Clinic

4707 St. Antoine

Detroit, MI 48201

(313) 993-2681

www.hutzel.org/hutzel

Provides prenatal care for uninsured HIV positive women and provides emergency medical care for HIV positive women who have delivered infants in the previous year who require care.

Hutzel also offers medication adherence and parenting services.

Healthy Kids

Michigan Department of Community Health (MDCH)

Toll-free (888) 998-6300

<https://eform.state.mi.us/michild/intro1.htm>

To apply for Healthy Kids, fill out the MICHild-Healthy Kids Form, which can be obtained at the above number or at the web link above. Healthy Kids is a program for pregnant women, babies, and children under 19. Healthy Kids covers women during pregnancy and the first two months after the pregnancy ends. Babies may be eligible for up to one year of birth. Children may be covered up to age 19. To determine if you are eligible and to receive a comprehensive list of services, call the above number.

MICHild

Michigan Department of Community Health (MDCH)

Toll-free (888) 988-6300

TTY and Toll-free (888) 263-5897

<https://eform.state.mi.us/michild/intro1.htm>

MICHild covers prenatal care and delivery for pregnant women under the age of 19. The monthly premium is \$5.00. There are no co-pays and no deductibles. To qualify, women must be citizens of the U.S. (some legal immigrants qualify), live in Michigan, be under 19 years old, have no health insurance, live in a family with a monthly income under: \$2,020 for a family of two, \$2,543 for a family of three, \$3,066 for a family of four, \$3,590 for a family of five. To apply for MICHild, fill out the MICHild-Healthy Kids Form, which can be obtained at the above number or at the web link above.

Public Health Nursing Services- Oakland County

Toll-free 1-(800) 848-5533

Mt. Clemens (586) 469-5520

St. Clair Shores (586) 466-6800

Warren (586) 573-2210

These services focus on health teaching to individuals, family members, and groups. Services include home visits, referrals to support groups, and information about nutrition, safety, parenting, growth and development, and other health topics.

Simon House

17300 Burgess
Detroit, MI 48219
(313) 531-3400
Fax (313) 531-9080
Mon - Fri 9 am - 5 pm, Shelter 24 hours
www.simonhouse.org

Simon House provides emergency and transitional housing, support groups and hospice care for HIV positive women and their children.

TITLE IV PROGRAM / HIV+ Women and Children Program

The Title IV Program supports services for children, youth, women, and families living with HIV. Currently, Title IV funds are allocated to medical and case management agencies in Detroit. These agencies provide primary and specialty medical care, psychological services, logistical support and coordination, and outreach and case management. Title IV employs staff who serve to link families with needed care across service systems. Title IV works to assure HIV positive women have access to medical therapies that reduce transmission of HIV to their newborn(s), as well as access to clinical trials that provide them state-of-the-art treatment. Title IV further assures HIV exposed and HIV positive children have access to available clinical trials.

The Title IV Program also provides emergency financial assistance. Emergency financial assistance is available for utility bills up to \$300 **only** if Title IV assistance will bring the utility bill down to \$0. Title IV will also pay up to \$300 for beds, including mattress, box spring, bed frames (no bedding), stoves, and refrigerators. To access this service your case manager must contact the Title IV Program Office and complete an application on your behalf. This fund can only be requested as a last resort when other resources, such as DHS and HELP, are not accessible. Currently, the Title IV Program is not paying for medications.

TITLE IV Contact Information

Title IV Program Administrative	(313) 456-4365
<u>Title IV Program Partner Agencies:</u>	
AIDS Consortium of Southeast Michigan: (Case Management)	(313) 496-0140
AIDS Partnership Michigan: (Case Management)	(313) 446-9800
<u>Detroit Medical Center (DMC):</u>	
Adult Infectious Diseases Outpatient Clinic: (Medical Care)	(313) 745-9035
CHM Horizons Project: (Adolescent Services)	(313) 924-9493
Perinatal Infectious Disease Clinic: (Prenatal Care)	(313) 993-2681

NEWBORN, INFANT, and CHILDREN'S HEALTH CARE

Children's Hospital of Michigan (CHM) - Immunology Clinic

3901 Beaubien Street
Detroit, MI 48201-2196
(313) 745-4450
Mon - Fri 9 am - 4 pm

Provides primary medical care, transportation, and social services for HIV exposed and HIV

positive children. Clients seen by appointment. Will accept children without insurance coverage. Clinical trials are available.

Children's Hospital of Michigan (CHM) - Project Challenge

3901 Beaubien
Detroit, MI 48201
(313) 745-4892
Mon – Fri 8 am – 5 pm

Project Challenge provides outpatient mental health services to children infected and affected by including individual and family therapy, psychological assessments, and neuropsychological screenings and assessments for HIV infected children and adolescents. A home-based adherence program providing Family Therapy is provided for families at risk for poor adherence to HIV treatment. Project Challenge conducts an 8-week therapeutic summer camp program and a 1-week midwinter camp program for children ages 5-18, and a monthly support group for teenagers infected/affected by HIV. A mentoring program has begun which pairs HIV infected/affect children with a caring adult. Transportation is provided for all services.

Children's Special Health Care Services

5303 South Cedar Street
P.O. Box 30161
Lansing, MI 48909
Toll-free (800) 359-3722
Mon - Fri 8 am – 6 pm

Helps with medical treatment and costs to children with special medical conditions, including HIV exposed and HIV positive children.

Children's Center

90 Selden
Detroit, MI 48201
(313) 832-3555
Mon – Thursday 8 am - 8 pm
Friday 8 am - 5 pm

Provides therapeutic, home based infant mental health services to families birth through 3 years of age.

Healthy Kids

Michigan Department of Community Health (MDCH)
Toll-free (888) 998-6300
<https://eform.state.mi.us/michild/intro1.htm>

To apply for Healthy Kids, fill out the MICHild-Healthy Kids Form, which can be obtained at the above number or at the web link above. Healthy Kids is a program for pregnant women, babies, and children under 19. Healthy Kids covers women during pregnancy and the first two months after the pregnancy ends. Babies may be eligible for up to one year of birth. Children may be covered up to age 19. To determine if you are eligible and to receive a comprehensive list of services, call the above number.

MiChild

Michigan Department of Community Health (MDCH)

Toll-free (888) 988-6300

TTY and Toll-free (888) 263-5897

<https://eform.state.mi.us/michild/intro1.htm>

MiChild covers: Regular checkups, shots, emergency care, dental care, pharmacy, hospital care, prenatal care and delivery, vision and hearing, mental health and substance abuse services. If your child qualifies, you pay a monthly premium of only \$5.00. There are no co-pays and no deductibles. To qualify, children must be citizens of the U.S. (some legal immigrants qualify), live in Michigan, be under 19 years old, have no health insurance, live in a family with a monthly income under: \$2,020 for a family of two, \$2,543 for a family of three, \$3,066 for a family of four, \$3,590 for a family of five. To apply for MiChild, fill out the MiChild-Healthy Kids Form, which can be obtained at the above number or at the web link above.

IMMUNIZATIONS

For immunization information, contact your health care provider or your local health department:

Detroit Department of Health and Wellness Promotion (DHWP)	(313) 876-4334
Wayne County Health Department	(734) 727-7100**
Macomb County Health Department	(586) 469-5372**
Oakland County Health Department	(248) 858-1305
St. Clair County Health Department	(810) 987-8216
Monroe County Health Department	(734) 240-7800**
Lapeer County Health Department	(810) 667-0391**

**These numbers are for the main phone line of the health department. They have automated directories where the caller is instructed through the system to reach the needed area.

ADOLESCENT and YOUNG ADULT HEALTH CARE

Children's Hospital of Michigan (CHM) - Horizons Project

3901 Beaubien Street

Detroit, MI 48201-2196

Advocacy and transportation (313) 924-8227

Medical care, Social Work/Case Management (313) 924-9493

Street Outreach/Counseling and Testing (313) 924-9487

Prevention Services (313) 924-8230

Mon-Fri 8 am - 5:30 pm

Provides comprehensive medical care, advocacy, mental health, case management, support group, peer support, and HIV counseling and testing services for HIV positive and affected adolescents and young adults ages 13-24 years of age. Clients seen by appointment. Horizons accepts people without insurance coverage.

ADHERENCE

What is adherence? Basically, this means taking your medications as they are prescribed by your medical provider and understanding the importance of taking them. Adherence means not forgetting doses and not stopping the drugs for short periods of time. Adherence is very important. It will help you live longer and healthier. Without strict adherence to some medications, you may actually be doing more harm than good. Drug resistance means that the virus in your body has found a way to protect itself from a specific drug. This is a real possibility if you do not take medications exactly as they are prescribed. Adherence may be difficult for many patients who are HIV infected as well as people who take daily medication for other diseases.

Adherence is a major issue in HIV treatment for two reasons. Firstly, adherence is important for **treatment effectiveness** (how well the medications work to decrease viral load). When you skip medication doses, the virus has the opportunity to multiply more rapidly thereby making it difficult for the drugs to be effective. Other factors that may affect treatment effectiveness include your baseline viral load and CD4 count (before starting therapy), whether you have any AIDS-related illness, and whether you have used antiretroviral drugs before.

Secondly, adherence to HIV treatment is critical to **prevent drug resistance**. When you skip a dose of medicine, or take a "drug holiday" without talking to your physician first, you may develop strains of HIV that are drug resistant. That may leave you with fewer treatment options if your viral load does not decline and because drug-resistant strains can be transmitted to others.

Deciding to go on a drug regimen is a difficult decision. You need to be very clear with your medical provider about your concerns and wishes. It may be better to wait until you feel ready and able to adhere to a drug regimen, rather than giving up on the medication out of frustration. It is important to consider that HIV treatment may involve taking multiple medications and keeping track of which pills need to be taken on an empty stomach and which need to be taken after eating. In addition, you may need to continue your treatment regimen for a long time, even indefinitely.

If you are considering HIV treatment, there are several steps to maximize adherence before starting treatment:

- Play an active role in your treatment plan. Ask your medical provider to describe all your treatment options, including potential benefits and risks of starting treatment now. Also, ask your medical provider to explain any side effects or other problems you may have related to your medication. It is important that you understand the goals of treatment, and that you are fully committed to the treatment plan that you and your medical provider decide upon.
- Talk to your medical provider about personal issues that may affect your adherence. Studies have shown that adherence may be more difficult although not impossible for people dealing with substance abuse or alcoholism, unstable housing, mental illness, or major life crises. Adherence also may be more difficult for patients who do not have advanced HIV disease, who must follow a very complex treatment regimen, or who have had problems taking medication in the past. Talk to your medical provider about these or any other issues that you feel may affect your adherence to a treatment plan.

- Consider a "dry run" - practicing your treatment regimen using jelly beans or mints. This will help you determine ahead of time which doses may be difficult.
- After you and your medical provider decide on a treatment plan, ask for a written copy. This should list each medication, when and how much to take each time, and if it must be taken with food or on an empty stomach. It should also include your medical provider's name and phone number, and the date of your next visit.
- Most importantly, talk to your medical provider about how to tailor your treatment plan to your lifestyle. For example, many patients find it helpful to identify things they normally do at the times they will be taking their medication. Patients that arrange their medication schedule around their daily routines, adhere to their treatment plans better than those who don't. Activities to help remember when to take your medications include waking up in the morning, taking a child to school, leaving work, or watching a TV show. If you decide to do this, make sure to take your medication before the activity, not after.

To improve your adherence, you can:

- Use daily or weekly pill boxes or egg cartons to organize your medications. Some people find it helpful to count and set out a week's worth of medications at a time, with one box or egg space for each part of the day. Try to do this at the same time each week, for example, every Sunday night at bedtime.
- Use timers, alarm clocks, or pagers to remind you when to take your medication. For each dose, try to take your medication at the same time each day.
- Try keeping your medications where you'll take them. Some patients find it helpful to keep their first morning dose next to the alarm clock or coffeepot. Others like to keep backup supplies of their medications at their workplace or in their briefcase.
- Keep a medication diary. Try writing the names of your drugs on a 3x5 card or in your daily planner, and then check off each dose as you take it. Try writing a reminder in your calendar or planner to take any doses that are difficult to remember.
- Plan ahead for weekends, holidays, and changes in routine. Weekends are a serious problem for adherence. Decide ahead of time how you will remember to take all your doses. Also, if you are going on vacation, traveling on business, or changing jobs, write out a plan for remembering your medications.
- Develop a support network. This may include family members, friends, or coworkers who can remind you to take your medication. Some patients find it helpful to join a support group for people with HIV infection.
- Plan ahead so you won't run out of medications. Contact your medical provider or clinic if your supply will not last until your next visit.

Tell your medical provider if you have any problems related to your medications, including:

Side effects

Tell your medical provider what they are, and when you notice them. Most side effects can be treated until they resolve or go away. **Do not stop taking your medications because of side effects that can be resolved.**

Skipped/missed doses

Do not be afraid to admit to skipped/missed doses. Your medical provider knows that some people do have difficulty taking each dose as prescribed. If you have skipped/missed doses, tell your medical provider which medication(s) you skipped/missed and when.

Difficulty taking your medication as prescribed

If you are supposed to take medication on an empty stomach, or with food, and this is difficult for you, tell your medical provider. If there is a time of the day that is too difficult for you to take your dose, tell your medical provider this too.

Your treatment regimen interferes with your lifestyle

If you feel your treatment regimen is too complicated or unrealistic for you to follow, talk to your medical provider about other options. It is important that you tell your medical provider right away about any problems you are having with your medication.

Your medical provider needs this information to help you maximize the benefit from your treatment plan and provide workable options, if necessary.

For additional information on medication adherence, contact: Michigan AIDS Hotline toll free 1- (800) 872-AIDS.

NUTRITION

NUTRITION BASICS

The following nutrition information applies to HIV positive individuals without additional medical conditions. If you have other major medical conditions, such as liver or kidney disease, ask your doctor or dietitian if there are any additional dietary modifications, of which you should be aware.

Good nutrition is important for everyone but it is life sustaining for people infected with HIV. Healthy eating, along with taking your medications as scheduled, needs to be a priority in your treatment plan. You can help your immune system fight back against the virus by using the following nutrition priorities:

- Eat enough calories to achieve or maintain a healthy weight.
- Eat plenty of protein to help build immune cells.
- Drink 6-8 cups of fluid every day to prevent dehydration.
- Consult your health care provider or dietitian if you can't meet your energy and protein needs.

Nutrition can help strengthen your immune system and help fight off opportunistic infections. Your nutritional needs will vary during different stages of the disease. The most important thing to remember is to eat enough to achieve or maintain a healthy weight.

If you are infected with the virus but have no symptoms, then a balanced diet with plenty of protein and calories is needed. As a general rule, try to keep your weight 10 to 15 pounds above your desirable weight. Forget what you are hearing from newspapers, television, and radio about nutrition. Keeping your weight up during stress and infection is easier if you eat foods higher in fat.

Follow the food guide pyramid. It allows you to eat a variety of foods every day. These foods will give you the more than 40 nutrients that your body needs. There are many choices within each food group, so if you don't like one food, choose another. There are six categories in the food guide pyramid:

Bread, cereal, rice and pasta group

This group forms the base of the pyramid. The majority of the foods you eat should come from this group. These foods provide the carbohydrates you need to keep your body moving.

Vegetable group

Vegetables are a great source of vitamins and minerals.

Fruit group

Fruits are another great source of vitamins and minerals. Fruits also provide carbohydrates to help fuel your body.

Meat, poultry, fish, dry beans, eggs, and nuts group

The foods in this group are an excellent source of protein, which is needed for tissue repair, cell growth, and a healthy immune system.

Milk, yogurt, and cheese group

These dairy foods are another good source of protein. They also provide the calcium needed for strong bones.

Fats, oils, and sweets

These foods are labeled “use sparingly” on the food guide pyramid, but if you need to add some calories to your diet for weight gain, the foods in this group will do the trick.

Foods high in fat (butter, margarine, oil, mayonnaise, salad dressings, etc.) and high in sugar (sugar, jelly, jam, honey, etc.) can add extra calories to your food. If you have diabetes, high cholesterol, or high triglycerides, ask your doctor or dietitian which foods in the fats, oils, and sweets group should be limited. Be sure snack foods are not replacing nutritious foods. **Ask your physician or dietitian for recommended foods from each category.**

FOODS DURING DIFFICULT TIMES

During difficult times, it may be hard to eat certain foods, or you may not have an appetite to eat sufficient calories and protein. At these times, it is important to eat nutrient-dense foods. Nutrient-dense foods are those that pack a lot of protein, calories and vitamins in small portion sizes. Examples include nutritional supplements or puddings, soups and shakes made with nutritional supplements, creamy or hearty soups, meats, eggs, dairy products and peanut butter. Check with your dietitian for recipes.

Weight Loss

Even overweight people should not lose weight faster than 1-2 pounds per week. If you do, then you're losing muscle, not fat. Generally with HIV/AIDS, muscle mass is lost much more quickly than fat mass. If you've lost 10% of your body weight in 6 months, you need to consult with a doctor or dietitian right away. (Example, 10% of 120 pounds is 12 pounds.)

Eating to Prevent Weight Loss

Eat often, at least 5-6 times a day, and remember to eat even when you feel well. Check with a doctor as soon as problems with mouth sores, nausea or diarrhea occur. Your doctor or dietitian may recommend a nutritional supplement, an appetite stimulant, or medication.

Eat a variety of foods to ensure you are getting many different nutrients. Certain nutrients can play an important role in keeping your immune system strong. Vitamins and minerals are important for everyone, but research has shown that with the progression of the disease, people with the virus may become deficient in Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Vitamin E, folate, zinc, copper, and selenium. The best way to get these vitamins and minerals as well as all other nutrients your body needs is to follow the food guide pyramid. But since the virus places extra demands on the body, even if you are asymptomatic, it is a good idea to take a daily multivitamin and mineral supplement every day. Discuss it with your doctor.

Choose a vitamin and mineral supplement that includes iron to help beat fatigue and anemia. Large price differences may exist between name brand vitamins and generic, or “store brand” vitamins. The important item to look for on a container of vitamins is “USP.” A vitamin can only be labeled “USP” after it has been through testing. The testing assures that the vitamin will dissolve into small particles that your body can absorb. Generic vitamins labeled “USP” are very

similar to name brand vitamins, but they cost much less. You can ask your doctor for a multivitamin and mineral prescription that can be covered by Medicaid or ADAP. See the **PRESCRIPTIONS AND PRESCRIPTION ASSISTANCE PROGRAMS** section.

To help maintain or gain weight, try the following ideas:

- Add dried fruits, nuts, honey, jam, cream, or half and half to hot or cold cereal.
- Add butter, margarine, sour cream, mayonnaise, bacon, avocados, or olives to sandwiches, salads, or casseroles.
- Add cream or sour cream to soups, fruits, or puddings.
- Add peanut butter to sauces, shakes, toast, crackers, waffles, fruit, or celery.
- Add extra chopped meat, shredded cheese, hard cooked eggs, or egg substitute to soups, sauces, vegetables, salads, or casseroles.
- Add dry milk powder to regular milk, scrambled eggs, or soups.

TIPS for ORAL / GASTROINTESTINAL PROBLEMS

Many medications used to treat secondary infections for HIV/AIDS have been found to cause dry mouth or other oral problems. Other medications may cause indigestion, nausea, vomiting, or diarrhea.

Dry Mouth / Mouth Ulcers / Painful Swallowing	
Extra precautions with mouth care are important. After all, the mouth is the vehicle for breaking down foods and beginning the all-important task of digestion. Saliva plays an important role in moistening food; it acts as a neutralizer, contains an agent to fight off bacteria and the important enzymes to start the digestive process. Those with little or no saliva are more prone to cavities and fungal infections like Thrush.	
DO	AVOID
<ul style="list-style-type: none"> ▪ Brush after every meal with fluoride paste. ▪ Floss every day. ▪ Use mouthwashes (1 tsp baking soda to 2 cups warm water) and lip balm. ▪ Try frequent sips of water, ice chips, sugarless candy or lozenges and gum to moisten the mouth and produce saliva. ▪ Examine the mouth regularly for oral pain, dryness, bleeding, difficulty swallowing, change in taste, and loosening of the teeth. ▪ Report signs or symptoms to a health care provider. ▪ Use xylose Novocaine to help numb the mouth and allow food intake (use Jell-O powder to mask taste) ▪ Use extra butter, gravies, sauces, salad dressings, yogurt, and mayonnaise to moisten foods. ▪ Try blended, smooth, and creamy foods. 	<ul style="list-style-type: none"> ▪ Spicy foods, tomatoes, acidic beverages (i.e. orange juice) that aggravate mouth sores. ▪ Foods at temperature extremes which may aggravate symptoms.

Indigestion / Gas / Cramps	
DO	AVOID
<ul style="list-style-type: none"> ▪ Chew slowly with your mouth closed to eliminate swallowing air. ▪ Try Lactaid milk or pills. ▪ Yogurt containing an active culture of <i>Lactobacillus acidophilus</i> may be helpful. 	<ul style="list-style-type: none"> ▪ Carbonated beverages, spicy foods, beans, onions, cabbage, broccoli, and cauliflower. ▪ Milk products that may aggravate diarrhea.

Diarrhea	
<p>The most important point to remember with severe diarrhea (four or more watery stools per day) is to replace fluid and electrolyte losses. Dehydration, the most serious and life threatening side effect from diarrhea, may cause fatigue and dizziness.</p>	
DO	AVOID
<ul style="list-style-type: none"> ▪ Eat small, frequent meals throughout the day. ▪ Drink 8-10 large glasses of liquid per day to replace fluid losses (preferably between meals). ▪ Drink liquids such as diluted juices (half juice, half water), boiled or distilled water, Gatorade, or Pedialyte. ▪ Drink fluids at room temperature to prevent diarrhea. ▪ Replace potassium with foods such as bananas, potatoes, orange juice, apricots, and pear nectars. ▪ Try non-irritating foods such as chicken, fish, eggs, white bread, canned vegetables, bananas, apple sauce, and smooth peanut butter. ▪ Eat soluble fiber (pectins and gums) including oatmeal, tofu, apple sauce, white rice, and cooked pears. 	<ul style="list-style-type: none"> ▪ Physical activity between meals. ▪ Alcohol and caffeinated beverages such as coffee, black tea, and soda. ▪ Temperature extremes which may aggravate diarrhea. ▪ Fatty and fried foods, rich sauces and chocolate. ▪ Bran-type fiber foods, raw fruits and vegetables, seeds, nuts, whole grains, and corn. ▪ Milk products. ▪ Cigarettes.

Nausea / Vomiting	
DO	AVOID
<ul style="list-style-type: none"> ▪ Eat small frequent meals every 2 hours, and chew foods thoroughly and slowly. ▪ Eat bland foods like bananas, rice, applesauce, and dry toast. ▪ Try cold food plates (cottage cheese and fruit or chicken salad) or dry foods like toast and crackers. ▪ Eat salty foods to replace lost minerals. ▪ Drink cool beverages, eat Jell-O or Popsicles. ▪ Wear loose clothing and get fresh air. ▪ Check with your doctor about anti-nausea drugs and mineral replacements if you are vomiting. 	<ul style="list-style-type: none"> ▪ Unpleasant odors. ▪ Being in the kitchen during food preparation. ▪ Favorite foods during this time (you may develop an aversion to them later on). ▪ Overly sweet foods. ▪ Lying flat immediately after eating.

FOOD SAFETY

Eating safe food is just as important as eating enough food. Food borne illness, more commonly known as food poisoning, is the main culprit of the “24 hour” flu. People living with HIV need to take extra precautions to ensure that the food they eat and the water they drink is safe. A food becomes unsafe to eat when bacteria (“germs”) are allowed to grow to unsafe levels. If you were to eat a contaminated food, you may experience nausea, vomiting, diarrhea, cramps, muscle aches, and/or fever.

Observe the following precautions when eating or preparing food:

- ✓ Always wash your hands before eating, before preparing or handling food, after handling raw meats, fish or poultry, and after using the bathroom.
- ✓ Wash foods that will be eaten raw, such as fruits and vegetables, with a mild soap and warm water.
- ✓ Avoid undercooked meats, fish, and poultry; make sure these foods are cooked all the way through and juices run clear.
- ✓ Be careful not to contaminate other foods; examples of this may include cutting vegetables that will be eaten raw with a knife that was used to cut raw chicken; cutting boards, counter tops, cooking utensils, and unwashed hands are all possible means of contamination.
- ✓ Do not use a food if it is past its expiration date – when in doubt, throw it out.
- ✓ Do not eat foul smelling or foul tasting foods.
- ✓ Thaw foods in the refrigerator, not on the counter or in the sink; you can also safely and quickly defrost foods in the microwave.
- ✓ Cool leftovers quickly in the refrigerator, not on the counter or stove; bacteria grows rapidly between 40 and 140 degrees (room temperature is approximately 70 degrees).
- ✓ Do not keep leftovers in the refrigerator for more than 3 days; bacteria can still grow in the refrigerator.
- ✓ Keep hot foods hot and cold foods cold when serving them for any extended periods of time; beware of foods such as potato salad or hamburgers that sit out for extended periods of time at picnics or other gatherings.

WATER SAFETY

Special attention needs to be taken with water. *Cryptosporidium parvum*, a microscopic parasite, may be present in tap water. This parasite, once in the body, may cause diarrhea, nausea, vomiting, and fever. Crypto, as it is commonly called, poses little risk to individuals with strong immune systems, but it is potentially life threatening to those with a compromised immune system. People with a CD4 T-cell count below 200 are at high risk for crypto infections and need to take extra precautions.

To avoid crypto infection, boil your drinking water for a minimum of 1 minute. You can also purchase distilled water or purchase a water filter. If you choose to buy a water filter, make sure the label says “Absolute 1 micrometer water filter.” Also note that drinking water includes ice cubes and the water you use to brush your teeth!

HERBS and SUPPLEMENTS

There are many herbs and supplements marketed toward people living with HIV. The important thing to remember about these products is that some of them may react with other medications you are taking. Some of these products also have side effects of their own. **Always talk to your doctor before taking supplements and herbal products.**

Before taking any herbs or supplements, do your homework. Read articles about the products and don't rely on claims made by the manufacturer of the supplement. After all, their main goal is to sell their product. Studies published in reputable journals are a good source of information. To get help with identifying fraud, reporting fraud or locating reliable health resources for making informed choices, check with the Michigan Health Fraud Task Force, see section **OTHER RESOURCES**.

AGENCIES with an AVAILABLE DIETITIAN

Registered Dietitians (R.D.) are available for nutritional counseling at the following agencies:

Health Emergency Lifeline Programs (HELP)

1419 W. Warren Ave.
Detroit, MI 48208
(313) 832-3300 or toll free (888) 435-5655
Email: help@help-office.org
Tue 10 am – 4:30 pm

Oakland Livingston Human Service Agency (OLHSA)

196 Cesar E. Chavez Ave., PO Box 430598
Pontiac, MI 48343-0598
(248) 209-2648
Mon, Wed - Friday 8 am - 4 pm
www.olhsa.org

Oakland Primary Health Services (OPHS)

46 N. Baldwin Ave.
Pontiac, MI 48342
(248) 322-6747
Call for schedule – two afternoons a month

EMERGENCY FINANCIAL ASSISTANCE

GENERAL RESOURCES

If you are in need of financial assistance to help pay for a security deposit or first month's rent, for overdue rent, or past due utility bills, the following are places which may be of assistance:

Consumer Energy Case Management

Toll free 1- (800) 477-5050

Can arrange payment plans for Consumer Energy gas bills.

DTE Energy Case Management

Toll free 1- (800) 545-8046

Can arrange payment plans for DTE Energy bills.

Health Emergency Lifeline Programs (HELP)

1419 W. Warren Avenue

Detroit, MI 48208

(313) 832-3300 or toll-free 1- (888) 435-5655

Mon - Fri 10 am - 6 pm

Assists HIV+ persons once per year with rent/mortgage, security deposits and utilities. Applicants should attempt to work out payment plan with utility company and **must** apply for DHS State Emergency (SER) funds before applying for utility assistance. Also assists with medications and nutritional supplements. Call directly for assistance or talk with your case manager.

Home Heating Energy Assistance

21885 Dunham Rd, Suite 10

Clinton Township, MI 48036

(586) 469-5222

You must have a past due bill or shut-off notice to receive home heating energy assistance.

PHONE LIFELINE AND LINK UP

Ameritech/SBC in Michigan

SBC Regular Lifeline benefits include, but are not limited to a 50% discount on line connection and \$10.10 or 20% discount per month on basic service. To qualify for SBC Regular Lifeline, a person must not have any outstanding SBC phone bills and have a household income below 150% of the federal poverty level. Additional discounts provided to qualified customers who live on tribal lands. For more information on SBC Lifeline, go to www.sbc.com.

Verizon in Michigan

For more information on Verizon Lifeline and Link Up programs, go to www.lifelinesupport.org or call the phone company that provides local service in your area.

Tribute Fund

1212 Griswold St.
Detroit, MI 48226
(313) 226-9403

Provides one-time only financial assistance to individuals for whom no other community resource is available. Social worker or case manager must provide letter of need. Client must obtain Department of Human Services (DHS formerly FIA) denial notice and denials from 3 other resources. The Tribute Fund can assist with medication, medical equipment and supplies, and appliances for the medically fragile.

United Way Community Services: THAW (The Heat and Warmth Fund)

1212 Griswold
Detroit, MI 48226
(313) 226-9888 or toll-free1- (800) 866-1183 in Detroit
(248) 456-8800 in Oakland County
Monday - Friday 8:30 am - 5 pm
www.thawfund.org

THAW assists with paying utility bills. In order to qualify, you must meet at least the following criteria:

- proof of income at or below 200% of the current Federal Poverty Level - see Poverty Guidelines at www.workworld.org/wwwwebhelp/poverty_guidelines_federal.htm
- have a shut-off notice or be nearly out of fuel
- live at the address for which you are applying
- have your name on the utility bill
- have paid at least \$125 in the past 4 months
- have applied for other funds (see below)
- not request assistance to pay for "unauthorized use" charges
- have a decision letter from the DHS

You must first call the utility company to make payment arrangements and let them know you are applying for assistance. Then request assistance from the Department of Human Services (DHS) and get a decision letter. Complete a Home Heating Credit Form, which you can get from the local gas company or from the Volunteer Accounting Service Team of Michigan (VAST), (313) 961-1840. Then call THAW. They will pay up to \$750 on each utility (gas, electricity, or heating fuel) or up to \$1,500 for combined accounts per household.

STATE EMERGENCY RELIEF (SER)

Emergency financial assistance can sometimes be arranged through the Department of Human Services (DHS). They may be able to help with first month's rent and security deposit, utility deposits, moving expenses, house payments, property taxes, home repairs, food, sundry items, burial/cremation funds, water, cooking gas, heat, electricity. You have to claim less than \$50 in cash assets and must pursue all other potential resources. The DHS worker has 10 days from the day of your request for help to determine if you are eligible for SER.

BURIAL / CREMATION FINANCIAL ASSISTANCE

You may wish to put matters in order by applying for financial assistance for your burial or cremation through the SER program. Unfortunately, it does not work this way. According to this program, there is no emergency until after your death, so it will have to be your next of kin or other legally responsible person who will need to go to the Department of Human Services (DHS formerly FIA) to apply after your death. Here are the rules and procedures for this program:

- The only people who can apply for SER are any relative, a person named in your will to arrange burial, legal guardian appointed by Probate Court, or a person who had Durable Power of Attorney at the time of death.
- SER payments can include payment to the funeral director, payment to the cemetery or crematory, and payment for a vault.
- Maximum payments, if a memorial service is provided, can be up to \$1,114. If no memorial is provided, then payment can be up to \$693.
- Friends and relatives (not part of the SER family group) may contribute up to \$2,450 for additional services.

Immediately after your death, someone will need to go to the funeral director to make arrangements and inform the director that they will be going to DHS to apply for SER. Directors know the amounts allowed and should be able to give a statement of charges. This person will then take this statement to DHS and apply SER. The application for SER Burial/Cremation must be made before the burial/cremation takes place. According to SER, there is no emergency after the burial/cremation takes place.

FOOD

Food banks can be a source of food if a limited budget is making grocery shopping difficult. However, food tends to be available only on specific days and times. If you're not up to going to the food bank on the designated day, try asking a friend or a volunteer to go for you. A list of emergency soup kitchens is available if you ask your case manager.

EMERGENCY FOOD RESOURCES

If you need food on a one-time, emergency basis, call:

Salvation Army

Mt Clemens	(586) 469-4922
Warren	(586) 754-7400
Detroit	(313) 361-6136

Oakland County

Oakland County Food Bank (for referral)	(248) 332-1473
---	----------------

Macomb County

Macomb Food Program	(586) 469-6004
---------------------	----------------

The Emergency Food Assistance Program (TEFAP)

www.fns.usda.gov/fdd/programs/tefap

Detroit

Area A
(313) 852-4486

Detroit

Area G
(313) 852-5625

Oakland County

Toll free 1- (800) 482-9250

Wayne County (excludes Detroit)

(734) 721-4470

Capuchin Community Center

1264 Meldrum St.
Detroit, MI 48207
(313) 925-0514
(313) 579-2100 ext. 215
Mon - Fri, 8 am - 4:30 pm by appointment
www.cskdetroit.org

Can assist with emergency food box for a limited time to families in need. Call directly for information. Clients need a referral from a case manager.

Inner-City Sub Center

8411 E. Forest Ave.
Detroit, MI 48214
(313) 921-0200
Mon - Fri, 9 am - 8 pm; Sat 10 am - 6 pm

To receive emergency food, a referral is required from your case manager.

Wellness House Food Pantry

1419 W. Warren Ave.
Detroit, MI 48208
(313) 993-1336
Monday - Friday, 9 am - 5 pm

Provides monthly food boxes and vitamins. Your case manager must make a referral, but YOU must personally call Wellness House each month to pick up the food box or schedule the delivery of the food box if needed.

FOOD COOPERATIVES

Inner-City Sub Center

8411 E. Forest Ave.
Detroit, MI 48214
(313) 921-0200
Mon - Fri, 9 am - 8 pm; Sat 10 am - 6 pm

The food co-op program is held on the 2nd Saturday of each month. For \$17 a month, participants receive \$25 worth of food. Call for more information.

Agape House Food Coop

18515 James Couzens Hwy.
Detroit, MI 48235
(313) 861-1200
Mon 1 pm - 2:30 pm; Tue - Fri 11 am - 2:30 pm

Provides an emergency food box as well as clothing for residents of these ZIP codes: 48221, 48219, and 48235.

USDA COMMODITY FOOD DISTRIBUTION

City of Detroit - Department of Human Services

5031 Grandy Ave.
Detroit, MI 48211
(313) 852-5609
www.ci.detroit.mi.us/humanservices

Participants must now be pre-registered to receive United State Department of Agriculture (USDA) commodities. To register, you will need to bring these items to the address above:

- written proof of all household income for the last 12 months
- social security cards for all household members
- current picture identification for all household members
- proof of all minor children (for example, Medicaid cards or birth certificates)

Call for information on the nearest service center.

FOOD ASSISTANCE PROGRAM (FAP)

Depending on your income and shelter expenses, you may be eligible for the Food Assistance Program, a federal supplement program administered by DHS. The program is designed to assist you with some of your food expenses. A single person with no income can get a maximum of \$149 a month in Food Assistance. If eligible, the least amount of Food Assistance you can get is \$10, and that is if you have high income. There is no asset limit for this program.

Food Assistance benefits are issued into a food account using electronic technology and a plastic debit card known as the Michigan Bridge Card. The Bridge card can be used to buy food or food products for human use. You cannot buy nonfood items like soap, pet food, tobacco, paper products or alcohol.

U.S. citizens and certain lawfully admitted aliens are eligible. Any “household” that meets the income and other basic eligibility rules can get FAP. A household may be one person or a group of people who live together and customarily buy and prepare food together.

If you meet the income and other basic eligibility requirements, you can apply for FAP. The local DHS office will hand out or mail an application to you on the day you request it. Requests can be made in person, by phone or by mail. You can also ask someone else to make a request for you. If you have no income or less than \$150 a month gross income and \$100 or less in liquid assets, you may qualify for Expedited Food Assistance. If eligible, then you should be able to access them within 7 calendar days from application.

Your food assistance amount may increase (but never more than \$149 a month) if you can verify that you pay for out-of-pocket medical expenses such as medical or dental care, hospitalization or nursing care, prescription drugs, medical supplies, health and hospitalization premiums, Medicare premiums, actual costs of transportation to secure medical treatment, cost of employing an attendant, homemaker, housekeeper, or chore service provider. **For more information, contact your case manager or the HIV/AIDS Services Coordinator at toll free 1-(877)-342-2437.**

HOUSING

EMERGENCY SHELTERS

If you need emergency shelter you can call:

Statewide.....	1- (800) A-SHELTER
Wayne County [may arrange transportation to shelter].....	(313) 963-STAY
COTS [may arrange transportation to shelter].....	(313) 831-3777
Detroit Rescue Mission [may arrange transportation to shelter].....	(313) 993-6703
Matrix Human Services.....	(313) 831-1000
Pathway Homeless Shelter.....	(810) 982-1020

Government financial assistance programs don't usually pay enough to cover your rent along with your other expenses, especially if you live alone. Chances are you will need to find less expensive housing if you go on SSI or SDA. Following are some options for housing assistance:

Cass Community Social Services

11850 Woodrow Wilson
 Detroit, MI 48206
 (313) 883-2277
 Fax (313) 826-1391
 8 am – 4 pm Daily
www.casscommunity.com

Homeless Drop-in Center provides basic necessities for homeless men, women and children: bathrooms, showers, laundry facilities, telephone, an address for mail. Warming Center 7 pm – 7 am November 1st – March 31st. Short-term emergency shelter for HIV positive substance using and/or mentally ill homeless individuals with referral from case manager.

Detroit Rescue Mission Ministries (DRMM)

Detroit Rescue Mission
 3535 Third St.
 Detroit, MI 48201
 (313) 993-6703 (24 hours)
www.drmm.org

Detroit Rescue Mission provides emergency shelter, substance abuse treatment , transitional housing and community meals for males at this site. Other locations provide related services for males, females and children. Call the phone number or check the web site.

Health Emergency Lifeline Programs (HELP)

1419 W. Warren Avenue
 Detroit, MI 48208
 (313) 832-3300
 Toll free 1-(888) 435-5655

HELP provides limited emergency financial assistance including past due rent/mortgage, security deposits and first month's rent for housing for HIV+ individuals. Clients must have a source of income and must have exhausted all other resources.

**Matrix Human Services
Off the Street (OTS)**

120 Parson St.
Detroit, MI 48201
(313) 831-1000
Fax (313) 831-9139
www.matrixhumanservices.org

Matrix provides 8 transitional beds for HIV+ men. By referral only. Case manager can refer client.

Pathway Homeless Shelter

511 Union Street
Port Huron, MI 48060
(810) 982-1020
www.safehorizonsmi.org/pathway.html

Shelter for single men, men with children, families, and couples in St. Clair and Sanilac counties only. Open 24 hours, walk-ins welcome.

Positive Images

694 E. Grand Blvd.
Detroit, MI 48207
(313) 921-6050

Provides transitional housing for females living with HIV/AIDS. Services include clean safe housing, three meals daily, childcare, counseling, independent living skills and case management.

Oakland Livingston Human Service Agency (OLHSA)

196 Cesar E. Chavez, PO Box 430598
Pontiac, MI 48343
(248) 209-2672
Fax (248) 209-2645
Mon - Fri 8 am - 4 pm
www.olhsa.org

OLHSA provides a wide range of social services to low-income, elderly and handicapped individuals. Program assists HIV+ clients with housing needs.

Travelers Aid Society

1150 Griswold, Suite 1800
Detroit, MI 48226
(313) 962-6740
Toll free 1-(800) 207-1771

Provides various programs for housing assistance. May require proof of recent successful completion of substance abuse treatment. Call or walk in to talk to a housing case manager.

RESIDENTIAL HOUSING PROGRAMS / GROUP HOMES

Housing options include group homes/apartments for people with HIV/AIDS or general transitional housing. Ask your case manager.

Cass Community Social Services

11850 Woodrow Wilson
Detroit, MI 48206
(313) 883-2277
Fax (313) 826-1391
8 am – 4 pm Daily
www.casscommunity.com

Mom's Place Program

Transitional housing for women and children.

Safe Haven Program

Program for chronically mentally ill homeless men. Transitional housing for homeless men with substance abuse problems.

Transitional Housing

Transitional housing for homeless men with substance abuse problems.

Conner House (Eastwood's)

11542 Conner
Detroit, MI 48205
(313) 923-6830

Provides long-term residential care, group therapy, and individual therapy for men 18 and up. This is a 3/4 house for recovering substance using men. Monthly rent is based on ability to pay.

COTS Transitional Program (Coalition On Temporary Shelter)

26 Peterboro
Detroit, MI 48201
(313) 831-3777
Toll free 1-(800) 274-3583
www.cotsdetroit.org

COTS operates short and long-term transitional housing. The long-term housing is specifically for people with disabilities. Residents in the short-term program must meet eligibility criteria and must be actively making arrangements for permanent housing.

Foundation House

(location is confidential)
(313) 376-0589 - Voice pager
(313) 897-7051 - Residential home

Provides non-subsidized transitional housing for HIV+ men or women. The goal is six months to one year stay, but there is no limit. Client can have history of substance use but must be drug free for at least 90 days or 30 days with treatment counselor's approval.

Pontiac Area Transitional Housing, Inc. (PATH)

130 Center Street
Pontiac, MI 48342-3176
(248) 335-1950

Provides housing for homeless women and their children who are referred by temporary emergency shelters. Clients may live there for up to 2 years.

Positive Images

694 E. Grand Blvd.
Detroit, MI 48207
(313) 921-6050

Provides clean and safe transitional housing for females with HIV/AIDS. Other services include three daily meals, childcare, counseling, independent living skills training and case management.

Shelter Plus Care

Supportive Permanent Housing Programs for the Homeless

For those that qualify, provides subsidized housing referral and housing case management services. Qualifications: homeless with physical and/or mental disabilities as defined by Social Security Administration (SAA); currently homeless residing in emergency shelter or transitional housing or living on the streets; single; and drug free for at least 6 months. Must provide proof of disability and income, valid ID, current police clearance and proof of homelessness. Ask for application at the below addresses.

Coalition on Temporary Shelter (COTS)

26 Peterboro
Detroit, MI 48201
(313) 931-0100 – Project Staff
Fax (313) 934-5118

Detroit East Community Mental Health

9141 East Jefferson
Detroit, MI 48214
(313) 921-4701
Fax (313) 921-3449

Detroit Central City Community Mental Health, Inc.

10 Peterboro St.
Detroit, MI 48201
(313) 833-4623
Fax (313) 833-4624
www.dcccmh.org

Development Centers, Inc.

24424 W. McNichols Rd.
Detroit, MI 48219
(313) 838-2807
Fax (313) 838-2427

Neighborhood Service Organization
(NSO)

220 Bagley, Suite 1200
Detroit, MI 48226
(313) 961-4890
Fax (313) 961-5120

Southwest Counseling and Development
Services

1700 Waterman Ave.
Detroit, MI 48209
(313) 841-8900
Fax (313) 841-4470

Simon House

17300 Burgess
Detroit, MI 48219
(313) 531-3400

Monday - Friday 9 am - 5 pm

Simon House provides emergency and transitional housing for HIV+ women or mothers and children. Other services include food, counseling, education and hospice. Simon House offers support to mothers as they strive to be the primary caregiver for their child(ren).

Wellness House

1419 W. Warren
Detroit, MI 48208
(313) 993-1336 ask for Michelle
Mon - Fri 9 am - 5 pm

Offers subsidized housing for HIV+ men or women along with various levels of support, private rooms, a food pantry, and access to bus lines.

LOW INCOME PUBLIC HOUSING

Detroit Department of Health and Wellness Promotion (DHWP)

HIV/AIDS HOPWA Program (Housing Opportunities for Persons with AIDS)

(313) 876-0982

Subsidy rental assistance is available for HIV+ infected or affected persons. Enrollment in the program is contingent upon availability of federal funds and space within the program. There is a waiting list. Ask your case manager or contact the phone number above for more information.

Detroit Housing Commission

www.ci.detroit.mi.us/housecomm

Tenant Placement Office
1301 E. Jefferson
Detroit, MI 48207
(313) 877-8670
Apply Mon - Fri 8:30 am - 4:30 pm

In order to apply for public housing, you must have proof of ID, proof of income (SSI or SSDI), and a police clearance (if you are indigent, the \$8 fee will be waived). Public housing is owned by the City of Detroit. You pay 30% of your income for rent. There is a waiting list.

Section 8 Housing

www.ci.detroit.mi.us/housecomm/section8.htm

With Section 8 housing, the government subsidizes your rent. If you receive a Section 8 voucher, your apartment must be in the geographic area specified on your voucher, and your landlord must agree to the Section 8 inspection and process. Some privately owned apartment complexes have subsidized units available also. Ask your case manager.

HOME MAINTENANCE / REPAIR SERVICES

City of Detroit Department of Community Services Weatherization Assistance Program

Provides weatherization assistance to low-income families to improve home energy efficiency and lower energy costs. To determine eligibility, visit one of the centers listed below. Bring proof of ownership or residency, proof of income of all household members, current gas/electric bills, picture I.D. and social security card.

Northwest Office 14631 W. McNichols Rd. (313) 852-4485	Eastern Office 7737 Kercheval (313) 852-4786	Western Office 2424 W. Grand Blvd. (313) 224-6032	Mini Center 5031 Grandy (313) 852-5634
--	--	---	--

Macomb County Community Services Agency Energy/Weatherization Program (586) 469-6329

Provides weatherization home improvements to income eligible Macomb County home owners.

Wayne Metropolitan Community Services Agency (WMCSA) 3715 W. Jefferson Ave. Ecorse, MI 48229 (313) 843-2550 www.mcaaa.org/directory/wmcsa.htm

REACH Program:

Provides energy conservation assistance for low-income individuals and families. To be eligible, clients must be homeowners in one of the following cities: Hamtramck, Highland Park, Harper Woods, and Grosse Pointe. Call for income guidelines and other information.

Weatherization Program:

Provides home energy conservation assistance for low-income individuals and families. This program focuses on furnaces, water tanks, and toilets. To be eligible, clients can be either homeowners or renters in one of the following cities: Hamtramck, Highland Park, Harper Woods, and Grosse Pointe. Call for income guidelines and other information.

State Map of Weatherization Operators www.michigan.gov/fia/0,1607,7-124-5452_7124_7211-58707--,00.html

Neighborhood Service Organization (NSO) Emergency Telephone Service (ETS) and Suicide Prevention Center Wayne County Crisis Line (313) 224-7000 (24 hours) Toll free 1-(800) 241-4949 www.nso-mi.org

Provides information and referral for various emergency needs, including those related to home maintenance and repair services for low-income people. Call phone number or check web site for multiple locations and services for residents in Oakland and Wayne counties.

TRANSPORTATION

REDUCED BUS FARE

Detroit Department of Transportation (DDOT)

1301 East Warren

Detroit, MI 48207

(313) 933-1300

Toll free 1-(888) DDOT BUS (336-8287).

www.ci.detroit.mi.us/ddot

DDOT has implemented a new policy and approval process for individuals seeking a Special Fares Identification Pass Card. If you are:

- A senior 65 years of age or older
- Receiving Social Security Disability Benefits
- Receiving Supplemental Security Income Benefits
- Receiving Medicare Benefits
- Determined to be 40% disabled by the Veterans Administration

To apply for a Special Fare ID pass and you meet the above criteria, you must complete the first section of the Special Fares application, and sign and date where indicated. Then mail the application, documentation of the above criteria, \$1 cash or money order, and a copy of your valid driver's license or State ID to the above address. You are not required to have a medical statement completed by an authorized, licensed medical professional. Others may need a medical statement; call DDOT for details or to request an application. Applications may also be downloaded from the DDOT website.

Suburban Mobility Authority for Regional Transportation (SMART)

660 Woodward Avenue

Detroit, MI 48226

(313) 223-2100, toll-free (866) 962-5515,

TDD (313) 223-2305

Fax (313) 223-2135

www.smartbus.org

Call to receive an application for the "SMART Special Fare Identification Card". Special Fare Identification requirements: Adults 65 years and older may use a valid State of Michigan ID or Driver's License, Special Fare Identification Cards and Medicare Cards. People with disabilities may use a Medicare Card, Picture ID and Special Fare Identification Cards.

ADA (American Disability Act) Service is an advance reservation service providing curb-to-curb transportation for riders whose disability prevents them from using SMART's fixed route service. The service covers the same areas, times and transfers as SMART fixed route service. ADA Service area is within 3/4 of a mile of a SMART regular fixed route. Individuals must be ADA certified to be eligible for this service. For more information, call (313) 223-2100 and ask for the ADA Coordinator.

MEDICAID MEDICAL TRANSPORTATION

Medical transportation must be assured for visits to any Medicaid (MA) enrolled provider. Payment may be authorized only after it has been determined that transportation is not otherwise available and then for the least expensive means available, suitable to the client's needs.

Medical transportation is available to:

- Family Independence Program (FIP) recipients
- Medicaid (MA) recipients
- Supplemental Security Income (SSI) recipients

Payment may be available for medical transportation to obtain medical evidence or to receive any MA covered service from any MA-enrolled provider including:

- Chronic and ongoing treatment
- Prescriptions
- Medical supplies
- One-time, occasional and ongoing visits for medical care

If family members, neighbors, friends, relatives, etc. can provide transportation, they are expected to do so without reimbursement. If transportation has been provided at no cost, it is reasonable to expect them to continue to do so, except in extreme circumstances or hardship.

- Department of Human Services (DHS – formerly FIA) will utilize referrals to public or nonprofit agencies that provide specific transportation arrangements to meet individual needs without reimbursement.
- DHS will utilize free delivery services that are offered by a recipient's pharmacy.
- DHS will disperse bus tickets, or provide for other public transportation arrangements.
- DHS may refer recipients to volunteer services, drivers, or utilize state vehicles

Transportation costs are not paid for non-covered services, i.e.: AA meetings, medically unsupervised weight reduction, trips to pharmacies for reasons other than obtaining MA covered items, etc.

Reimbursing Expenses

- If inter-city bus transportation is used (i.e.: Greyhound), the ticket charge can be allowed.
- If alternative transport is not available and mileage reimbursement is necessary, 12 cents per mile for all personal vehicles can be allowed. This includes the recipient, relatives, friends, neighbors, etc.
- 21 cents per mile can be allowed only for commercial non-emergency medical transport vehicles, nonprofit agencies, taxis and vans operated by medical facilities or public entities such as health agencies.
- In locations where a city bus or mass transit is available, local DHS offices are encouraged to have a supply of tickets, tokens, passes, etc. available to distribute to recipients who wish to utilize this resource for medical transportation.
- Parking lot fees and tolls are reimbursable if verified with receipts.

The DHS-54A Medical Needs form can be used to verify a recipient's need for chronic and ongoing treatment. New verification is obtained at re-determination (or earlier if indicated on the DHS-54A), or annually for SSI recipients. This includes lifetime conditions.

MEDICAID MANAGED CARE MEDICAL TRANSPORTATION

DHS is not always responsible for assuring medical transportation. A person's Medicaid Managed Care Qualified Health Plan (QHP) may be responsible for assuring medical transportation for any service the QHP is required to provide, including a referral for medical services to a specialist or out-of-state medical provider.

Medical transportation for recipients enrolled in a QHP is the responsibility of QHP except when the medical transportation is for one of the following services:

- Dental services
- Substance abuse services
- Community Mental Health services

Refer recipients enrolled in a QHP to their QHP if they request medical transportation for other services not listed above. To contact their QHP, recipients should call the phone number on their QHP card. The QHP is responsible for assuring medical transportation for services, except for the three services listed above.

Policy regarding reimbursement for Medicaid related medical transportation, including Medicaid Managed Care, is complex and detailed. The best person to get help with this is your DHS worker or the worker's supervisor. You may also call the DHS - HIV/AIDS Advocacy Services Coordinator at (313) 456-1678 or toll free 1- (877) FIA-AIDS (342-2437).

FREE TRANSPORTATION ASSISTANCE

The following agencies provide free transportation in the metro Detroit area, and some are wheelchair accessible. Call directly or talk to your case manager about arranging transportation.

Jewish Family Service Transportation Program (South Oakland County)....(248) 592-2300
St. John Corporate Transportation Service (Riverview Hospital)1- (877) 702-0404
Travelers Aid Society 1- (800) 207-1771
Macomb County Community Services Agency (586) 469-5225
OLHSA (Oakland County) (248) 209-2664

Community Health Awareness Group (CHAG)

1300 W. Fort St.
Detroit, MI 48226
(313) 963-3434
Fax (313) 963-1832

To qualify for transportation assistance to medical appointments, dental appointments, and/or substance abuse or mental health treatment, you must be:

- HIV+
- Unable to take a bus due to physical limitations or because small children must travel with you
- Live in the Detroit Metro area
- Have no other means to get to appointment

If you **are in case management**, call your case manager about enrolling in the program and arranging transportation assistance. If you are **not in case management**, to sign up for CHAG medical transportation, you need to:

- Call CHAG and ask to speak to the transportation supervisor or dispatcher.
- Schedule an appointment with the supervisor or dispatcher to meet you at your home, if time allows, to complete paperwork. Otherwise, forms will be mailed to you.
- Sign all required paperwork and return to supervisor or dispatcher.

Once the application packet is completed, if you need a wheelchair accessible van, you must call 48 hours before your appointment. For a cab ride, call a full 24 hours before appointment and CHAG will arrange your transportation.

Detroit MetroLift Paratransit Service

(313) 933-1300

8:00 am – 4:00 pm

Detroit MetroLift is a special service of the Detroit Department of Transportation (DDOT). It is provided to individuals who are unable to use regular accessible fixed route buses. It services the same routes as regular DDOT buses, but the smaller MetroLift vehicles will go up to $\frac{3}{4}$ of a mile off the fixed route to provide curb-to-curb pickup and delivery.

To qualify for MetroLift transportation you must complete and submit an eligibility application form. You can download the application or ask your case manager to get it at www.ci.detroit.mi.us/ddot/ada/adaServices.htm. Once you are certified as ADA (American with Disabilities Act) Paratransit eligible (which should occur within 21 days from the date your completed application is received) you will receive written notification. If determination cannot be reached within the 21-day period, you will receive a temporary status until a final decision is made.

To schedule your ride, call (313) 993-1300. [TDY (313) 834-3434, 8:00 am to 4:00 pm, Mon-Sun. After hours voice/TDY (313) 849-0610, 4:00 pm to 8:00 am.] Reservations need to be made 1-8 days in advance and are on a first-come-first-served basis, regardless of the urgency of your need. So please call early.

- You must return to the exact location where you were picked up when you schedule round-trip service.
- You will be assigned a pick-up time, but the driver has a 20 minute “window” around time of arrival. This means that the driver may arrive 10 minutes before or 10 minutes after your scheduled time.
- Service is available in Detroit, Hamtramck and Highland Park from 6:00 am until 10:00 pm. Service is available 24 hours if you live along a DDOT route that operates 24 hours.
- The fare for the MetroLift is \$2.50 each way.

PSYCHOSOCIAL SUPPORT TRANSPORTATION

Community Health Awareness Group (CHAG)

1300 W. Fort St.

Detroit, MI 48226

(313) 963-3434, fax (313) 963-1832

Mon - Fri 8:30 am - 5 pm

Provides transportation for HIV support groups, public forums, PWA retreats, etc. Please call at least one day before group to request transportation to groups or by the designated deadline for specific events.

CARE OUTSIDE THE HOSPITAL

Home health care agencies offer nursing care, home health aide services, physical therapy, occupational therapy and medical social work services. Services are time limited. To receive these services, you must be referred by your physician. These services are generally covered by Medicare, Medicaid, private insurance, and/or private pay. If you don't have insurance and your doctor has deemed it necessary that you have these services, assistance may be available.

CHORE GRANT

If you have Medicaid, or are going through Medicaid Spend Down, you may be eligible for Home Help Services (also called a Chore Grant) from Department of Human Services (DHS formerly FIA.) Your doctor must verify that you need help with eating, toileting, bathing, grooming, dressing, laundry, meal preparation, shopping, errands, light housekeeping, and/or administering drugs.

The payment amount is related to the need for personal care services and based on individual assessment. The amount is determined by a DHS Service Worker, and is paid to the chore provider that you must find. The chore provider can be a friend or relative and can be someone who lives with you, but you cannot receive the benefit if you are providing care for a spouse or a minor child.

For more information and to apply, contact the DHS HIV/AIDS Advocacy Services Coordinator at (313) 456-1678 or toll free 1- (877) FIA-AIDS (342-2437) or your case manager for the Medical Needs form that your doctor must complete.

HOME SUPPORT CHORE SERVICES and SKILLED NURSING

Oakland Livingston Human Service Agency (OLHSA)

196 Cesar E. Chavez Ave.
Pontiac, MI 48343
(248) 209-2675
Fax: (248) 209-2645
www.olhsa.org

The In Home Support for Medically Fragile Program provides non-nursing services including light homemaking, meal preparation, personal care and errands. Eligible individuals will need a doctor's statement of need. Call the Family Support Services Supervisor at (248) 209-2675 for assistance between 8 am - 4 pm.

Visiting Nurse Association (VNA) of Southeast Michigan

25900 Greenfield Rd, Suite 600
Oak Park, MI 48237
(248) 967-1440 or toll free 1- (800) 882-5720
Fax: (248) 967-8720
www.vna.org

VNA provides Ryan White funded skilled nursing service, which may include physical and

occupational therapy, personal care provided by a Home Health Aide, and light homemaking services as needed and ordered by the individual's physician. Home health aide escort service may also be available for those who need help preparing for a medical appointment. The escort will also accompany the individual to and from the appointment. Escort service is based on availability of staff.

For skilled nursing care ask your medical provider to call Central Intake at toll free 1- (800) 852-1232 or have them fax a referral to toll free 1- (800) 852-8741. For home health aide only, have your case manager or medical provider call the case manager of the day at toll free 1- (800) 882-5720. For home health aide escort service, call your case manager or the case manager of the day at toll free 1- (800) 882-5720. For the home health aide or the escort service, please call during business hours, 8 am - 5 pm. Requires at least 7 to 10 days notice to schedule a home health aide.

PRIVATE PAY EXTENDED CARE SERVICES

The following are some suggested agencies that provide extended care for those who can afford to pay for these services when insurance does not cover extended care benefits.

Henry Ford Extended Care

24445 Northwestern Hwy, Suite 110
Southfield, MI 48075
(248) 352-4890
www.henryfordhealth.org/1228.cfm

Provides private duty service ranging from basic personal hygiene and housekeeping assistance to skilled nursing and therapy.

DURABLE MEDICAL EQUIPMENT (DME)

Binson's Home Health Care Centers

Toll free 1- (888) BINSONS or 1- (888) 246-7667
www.binsons.com

Supplier of DME, blue pads, diapers, etc. Clients must have a prescription from a doctor. Medicaid and Medicare are accepted.

World Medical Relief

11745 Rosa Parks Blvd.
Detroit, MI 48206
(313) 866-5333
Fax: (313) 866-5588
www.worldmedicalrelief.com

Discount supplier of DME, diapers, blue pads, etc. Clients must have a written referral in order to be eligible for services. World Medical Relief also provides prescriptions for senior citizens in the metro area.

Wright & Filippis

Toll free 1- (800) 343-4944

www.firsttoserve.com

Supplier of orthopedic equipment. Also, they will mail a monthly supply of diapers to clients who have Medicaid, if they have a written prescription from a doctor.

EXTENDED CARE FACILITIES / NURSING HOMES

Extended Care Facilities (ECFs), also known as nursing homes, provide two levels of care for those individuals who can no longer remain in their own homes.

Skilled Care - This must be provided by an RN, Occupational Therapist and/or Physical Therapist. Examples of the care given are IV antibiotics or physical rehabilitation. Medicare, Medicaid or private insurance usually covers the stay, but it is time limited.

Basic Care / Nursing Home - This is also known as custodial care. Care is provided by certified nursing assistants under the supervision of an RN. This type of care includes medication administered by mouth. Other examples include feeding, bathing, and supervision. Medicaid and private payment typically cover costs associated with this type of stay.

Eastwood Convalescent Center

626 E. Grand Blvd.
Detroit, MI 48207
(313) 923-5816

Pembroke Nursing Center

9146 Woodward Ave.
Detroit, MI 48202
(313) 875-1263

Friendship Manor Nursing Home

3950 Beaubien Ave.
Detroit, MI 48201
(313) 833-7600

Qualicare Nursing Center

695 E. Grand Blvd.
Detroit, MI 48207
(313) 925-6655

Heartland HCC - Georgian Bloomfield

2975 N. Adams Rd.
Bloomfield Hills, MI 48304
(248) 645-2900

Royal Nursing Center

91 Glendale St.
Highland Park, MI 48203
(313) 869-7711

Luther Haven Nursing Home

464 E. Grand Blvd.
Detroit, MI 48207
(313) 579-2255

St. Francis Nursing Center

1533 Cadillac Blvd.
Detroit, MI 48214
(313) 823-0435

Martha T. Berry Memorial Medical Care Facility

43533 Elizabeth Rd.
Mt. Clemens, MI 48043
(586) 469-5265

St. Michael Nursing Center

19175 Anglin St.
Detroit, MI 48234
(313) 892-3600

Omni Continuing Care

5201 Conner Ave.
Detroit, MI 48213
(313) 571-5555

HOSPICE

The focus of hospice care is on teaching you and your caregivers how to keep you comfortable at home in the end stages of life. Hospice provides coordinated services and support in the home, on an intermittent basis, by nurses, physical and occupational therapists, dietitians, chaplains, social workers and trained volunteers. All certified hospice programs offer bereavement and grief counseling to family, friends, and significant others. Some programs provide residential care. Most programs will bill Medicaid, Medicare, private insurance or you. A referral from your doctor is required for hospice services.

Angela Hospice

14100 Newburgh Road

Livonia, MI 48154

(734) 464-7810

www.angelahospice.org

Angela Hospice also operates sixteen beds for inpatient care. Angela Hospice accepts various private insurances and Medicaid.

Henry Ford Hospice

1 Ford Place 2A

Detroit, MI 48202

(313) 874-6000

www.henryford.com/hospice

Accepts Health Alliance Plan (HAP) health insurance and some other private/public insurances.

Hospice of Michigan (HOM)

400 Mack

Detroit, MI 48201

(313) 578-5000 or toll free 1- (800) 626-4107

Monday - Friday 8 am - 6 pm (on call 24 hours)

www.hom.org

Hospice of Michigan provides holistic care through an interdisciplinary team (comprised of physicians, nurses, social workers, spiritual care counselors, health care aids and volunteers) to patients residing in nursing homes, hospitals, or in their own homes. Patients may continue on antiretroviral medications if desired for palliative benefits. Medicare, Medicaid and most insurance plans cover hospice care services, however, Hospice of Michigan maintains an open access policy to assure care is provided to anyone facing a life-limiting illness.

Mercy Memorial Hospice

725 North Monroe Street

Monroe, MI 48162

(734) 242-8006 or toll free 1- (800) 636-3610

www.mercymemorial.org/HOSPICE.htm

In-home hospice care for patients in the later stages of AIDS or other terminal illnesses.

Hospice Care in Michigan (formerly Hospice of Integrated Health Services)

24445 Northwestern Hwy, Suite 105
Southfield, MI 48075
(248) 355-9900

Visiting Nurse Association (VNA) of Southeast Michigan Hospice

25900 Greenfield, Suite 600
Oak Park, MI 48237
(248) 967-1440 or toll free 1- (800) 882-5720
Fax: (248) 967-8720
www.vna.org

To learn more about VNA Hospice, call toll free 1-800-882-5720 or have your physician call VNA's Central Intake at toll free 1- (800) 852-1232.

VNA Hospice provides caring and supportive services to the terminally ill and their families in a compassionate, dignified manner with respect for ethnic and cultural diversity. These services are provided by an interdisciplinary team that assists with managing physical, emotional, spiritual, and social needs of the patient and family. VNA Hospice accepts Medicare, various Medicaid HMOs and private insurance.

EMPLOYMENT / VOLUNTEERISM

LEAVING YOUR EMPLOYMENT

If you are considering leaving your employment due to illness, make sure you talk with your doctor first. Your doctor is the person who will verify that you are unable to work and therefore potentially eligible for disability benefits.

Next, you may want to acquire an Earnings Statement from the Social Security Administration, which will tell you how much in Social Security Disability you could be eligible to receive. **To request a form, call Social Security Administration (SSA) at toll free 1- (800) 772-1213, or you may obtain a form by calling the Department of Human Services (DHS formerly FIA) HIV/AIDS Advocacy Services Coordinator at toll free 1- (877) 342-2437.** Social Security now automatically sends you this report yearly, 3 months prior to your birth month.

PENSION, SHORT-TERM and LONG-TERM DISABILITY BENEFITS

Make an appointment with the Benefits or the Human Resources Department of your company. You will want full disclosure of all benefits: health insurance; pension, long-term and short-term disability; and life insurance. See the section on **COBRA** for information about how to continue health insurance after you leave your job.

Be aware that it is likely that your employer will reduce the amount of pension and/or long-term and short-term disability payments by the amount of SSDI you receive, once SSDI benefits begin. Worker's compensation can also reduce the amount of your SSDI benefits.

LIFE INSURANCE

If you have a life insurance policy through your work, there are advantages to keeping the policy in place, even though it may mean you have to pay premiums. A life insurance policy can be sold or "viaticated" while you are still living. See the section on **LIFE INSURANCE—SELLING (VIATICAL SETTLEMENTS)**.

When you meet with your employer, ask for "full disclosure" of your life insurance benefits. Below are just some of the questions you need to ask. **Call the DHS HIV/AIDS Services Coordinator at toll free 1- (877) 342-2437 for additional information and assistance.**

- Will the employer continue to pay premiums? If not, does the policy remain in effect even though premiums are discontinued? If you are liable for the premium payments, what are they and when are they due?
- What type of group life insurance policy do you have? If it is a term policy with a decreasing death benefit amount, when and what is it reduced to? Does the policy pay any dividends?
- Can the policy be converted to an individually owned policy, and if so, does the face value change? What is the premium if the policy is converted? Can you purchase additional insurance? If so, be sure you apply before you leave employment.
- Who are the beneficiaries? If you wish to change a beneficiary, assignment or ownership on this policy, who do you contact?

SOCIAL SECURITY WORK INCENTIVES

Under Social Security Disability Insurance (SSDI), you can have a trial work period. This allows you to test your ability to work or run a business for at least 9 months, without affecting your disability benefits, regardless of how much you earn. Every month that you earn more than \$560 will be counted as a trial work period month. After your 9 months of trial work your earnings will be evaluated to see if they are considered substantial. If your earnings do not average more than \$830 a month, SSDI will generally continue. If earnings do average more than \$830 a month, SSDI will continue for a 3-month grace period before it stops.

- Any month that your earned income falls below \$830, you can receive SSDI for that month.
- If you should become ill within 36 months of losing SSDI due to employment, you will be reinstated without having to wait the 6 months that you did initially.
- You can receive at least a 93 month extension of Medicare after the trial work period. You may be able to purchase continued Medicare coverage after that, as long as you remain medically disabled. See **MEDICARE** section.

Under Supplemental Security Income (SSI) there is no trial work period, but there is a Plan for Achieving Self-Support (PASS) program. This allows you to set aside income and/or resources for a specified period of time to fulfill a work goal. This goal can either be opening a business or completing your education.

You may also work without participating in the PASS program. SSI offers an earned income exclusion, which disregards the first \$85 of earnings in a month plus one-half of the remainder. Medicaid coverage may continue even if your earnings, along with other income, become too high for an SSI cash payment. You must need Medicaid in order to work and have gross earned income of less than \$1,823 a month.

Under both SSDI and SSI you are allowed impairment-related work expenses. These are items that have not been nor are expected to be reimbursed. Items can include attendant care services, and medical devices and equipment. The cost of routine drugs and medical services can't be used as a work related expense unless the drug or service is necessary to control the disabling condition. Your out-of-pocket expenses for HIV medications can be considered "necessary to control the disability condition."

Under both SSDI and SSI, if you are no longer found disabled due to medical improvement, your payments stop, unless you are participating in a vocational rehabilitation program. Your benefits may continue until the vocational rehabilitation program ends.

Under both SSDI and SSI, if your benefits ended because of earned income, your benefits may start up again. You must request your benefits to restart within 5 years (60 months) from when your benefits stopped. You must also not be able to make \$830 a month in gross earned income due to your medical condition.

See **GENERAL BENEFITS** section for SSDI/SSI Information.

TICKET to WORK

The Ticket to Work and Self-Sufficiency Program is the centerpiece of new legislation signed by Former President Clinton on December 17, 1999 under the Ticket to Work and Work Incentives Improvement Act of 1999. It is a nationwide initiative designed to bring major positive change to the lives of individuals with disabilities.

The Social Security Administration (SSA) mailed Tickets to SSI and SSDI beneficiaries in late 2002 and early 2003. If you have a disability, receive SSI or SSDI monthly checks, are between the ages of 18 and 65, have had at least one continuing disability review by SSA, and are not expected to medically improve to the point that you would no longer be eligible for SSI or SSDI, you should have received a ticket.

This is a voluntary employment-related Program. When you get a Ticket, you are free to choose whether or not to use it, as well as when to use it. If you decide to "assign" it (use it), take it to a participating Employment Network (EN) in your local area or take it to The Michigan Department of Career Development (formerly MRS). EN services could include vocational assessments, instruction in how to write resumes or interview for jobs, support groups, job training or re-training, job coaching, case management, and more.

If you never received a Ticket but believe you qualify based on the above criteria, you can call the company administering the program, MAXIMUS, at (866)968-7842 (voice) or (866)833-2967 (TTY). Ticket use is voluntary, and you may start or stop using the Ticket any time. Your benefits will not be reduced or discontinued if you decide you don't want to participate.

You have the right to make decisions about the services you need, but you can only "assign" your Ticket to one EN (or MRS) at a time. You can change ENs if you are not satisfied with the services as long as you inform (in writing) the MAXIMUS Employment Network Coordinator that you wish to do so and why.

Once you identify the EN (or MRS) you want to "assign" your Ticket to, you and the staff will develop a written Individual Work Plan (IWP), or an Individual Plan for Employment (IPE) if you are working with MRS, so that together you can agree on the services you need to return to work, who will provide the services to you, what supports you will need, and what steps you will take as you return to work. After this is done, the Ticket is considered "in use."

The Plan can be revised as you progress through it, and you should always be a part of any decisions about your Plan. If you lose your Ticket and still want to use it, the EN can call MAXIMUS to verify that you received one, or you can call MAXIMUS to have another one sent to you.

When your Ticket is in use, no Medical Continuing Disability Reviews (CDRs) take place, as long as you demonstrate that you are making "timely progress" and/or working to meet the goals identified in your IWP. If you return to work, and earn a significant salary, you may no longer qualify to get cash benefits. If you find that you cannot work, your cash benefits can be reinstated quickly.

For more information about the Ticket to Work Program, contact:

Benefits Planning Assistance and Outreach (BPAO) agencies, community organizations funded by the SSA. BPAOs can help plan your return to work, determine how work will affect your

benefits, and provide support and counseling services. In the Detroit area you can call:

- UCP Detroit, toll free 1- (800) 827-4843 (Oakland and Macomb Counties)
- Goodwill Industries of Greater Detroit, toll free 1- (888) 232-4140.

Protection and Advocacy for Beneficiaries of Social Security (PABSS), the Michigan Protection and Advocacy program funded by SSA. PABSS can help you resolve disputes with ENs and other service providers, and help you understand and protect your employment rights. You may contact the PABSS program at toll free 1-(800) 292-5896.

For further assistance, contact your case manager or the HIV/AIDS Advocacy Services Coordinator at toll free 1- (877) 342-2437.

JOB TRAINING / JOB SEEKING and VOLUNTEERISM

Perhaps you have reduced your work hours, and you are seeking more flexible, less demanding employment. Or maybe you want to develop new job skills. There are a variety of job training and placement programs, as well as volunteer opportunities, for people living with HIV and AIDS. It may be important to you to stay active during the day, and you may even consider "giving something back" to the HIV/AIDS community by offering your time and talents to organizations that serve PLWH.

Careerbuilder.com

www.careerbuilder.com

If you have access to the Internet you can search through a broad spectrum of jobs from entry level to executive, all across the U.S. You can search for jobs by function, by industry, by keyword or by geography.

WDIV

Job Connection

(313) 963-4404 (24 hours a day)

An up-to-the-minute message system of jobs available in the Detroit area, by category and by company. It may be somewhat frustrating if you don't know exactly what field you are interested in. Make sure you have a pencil and paper handy to take notes.

Project HOPE

Detroit Career Center

Goodwill Industries of Greater Detroit

3111 Grand River Avenue

Detroit, MI 48208

(313) 964-3900, ext. 423 Vocational Support Coordinator

Toll free 1- (800) 649-3777 Michigan Relay Center (deaf and speech)

Project HOPE is a vocational program exclusively for persons with HIV/AIDS residing in the city of Detroit. Project HOPE provides assistance in job placement, training, developing a career plan, resume and interview skills, and linkages with support services. All Project HOPE services are free. Recipients of SSI can use Social Security's package of work incentives to earn income while on disability. SSDI recipients can try out working for nine months while they continue to receive SSDI benefits.

Michigan Department of Career Development - Rehabilitation Services (formerly MRS)

1641 Porter St.

Detroit, MI 48216

Toll free 1- (866) MY-GOALS or 1- (866) 694-6257

Provides screening, training, and job placement assistance to people over 18 years of age who are physically or medically disabled, including those who are HIV+ where the HIV has effected their ability to physically do their job. Some eligibility criteria includes having a recent history of substance abuse treatment completion, assessed in school as learning disabled, or with a physical disability. Once enrolled completely with MRS, client is eligible to receive State Disability Assistance (SDA).

Focus: HOPE

1355 Oakman Blvd.

Detroit, MI 48238

(313) 494-5500

Mon - Fri 8:30 am - 5 pm

Focus: HOPE offers three different job-training programs in manufacturing, information technology and manufacturing engineering. Job search and placement assistance is offered to enrollees in training, as well as child-care services.

Jewish Vocational Service (JVS)

29699 Southfield Rd.

Southfield, MI 48076

(248) 559-5000

Monday 8 am - 8 pm

Tue - Fri 8 am - 5 pm

Ask for the Vocational Rehab. Service Coordinator

Self or agency referrals accepted.

4250 Woodward Ave.

Detroit, MI 48201

(313) 833- 8100

Mon - Fri 8:30 am - 4:30 pm

Ask for the Intake Coordinator

Agency referrals only.

JVS offers a wide range of assessment, training and placement options. Services are available to anyone in the Detroit metropolitan area, regardless of religious affiliation.

SER Metro Detroit

9215 Michigan Avenue

Detroit, MI 48210

(313) 846-2240

Mon - Fri 8:30 am - 5 pm

SER Metro Detroit provides training for computing and medical billing, and more. Financial aid is available to those who qualify. Spanish speaking staff is available.

JOB TRAINING for POST-INCARCERATED MEN

Workplace..... (313) 962-9675
Job Connection (WDIV)(313) 961-4118
COTE Program (AFL/CIO Collaborative on Training and Employment)..... (313) 963-0359
Goodwill Industries of Greater Detroit (313) 964-3900

GED PREPARATION

If you want to take General Educational Development (GED) preparation courses for a high school equivalency certificate, call:

Adult Education Department/Detroit Public Schools
(313) 852-1089

VOLUNTEER OPPORTUNITIES

***United Way Community Services
Volunteer Connect***

1212 Griswold
Detroit, MI 48226
(313) 226-9430
www.comnet.org/volunteer

Volunteer Connect has volunteer opportunities throughout the tri-county area.

ADVOCACY

***Michigan Protection and Advocacy Services (MPAS)
Client Assistance Program (CAP)***

106 W. Allegan
Suite 300
Lansing, MI 48933-1706
(517) 487-1755 or
Toll free 1- (800) 292-5896 (Voice or TTY)

The Client Assistance Program (CAP) provides information and advocacy without charge, to people with disabilities who are receiving or want to receive services under the Rehabilitation Act. CAP can help you with information referrals, direct advocacy, technical assistance, and litigation.

GENERAL BENEFITS

I.D. / BIRTH CERTIFICATE ASSISTANCE

In order to receive benefits or get into a shelter or treatment program, you must have a state I.D. The following are agencies that provide assistance in this area:

Detroit Vital Records

Detroit Department of Health and Wellness Promotion (DHWP)

1151 Taylor, Room 104B

Detroit, MI 48202

(313) 876-4134

Fax (313) 876-0090

Contact Person: Mildred L. Johnson, Registrar johnsonmil@health.ci.detroit.mi.us

Mon – Fri 8 am – 4 pm

DHWP (formerly Detroit Health Department) provides assistance with birth certificates for those people born in Detroit to married parents before October 1978. Unwed births before October 1978 must apply to Lansing. You must have a valid driver's license, a state ID or three pieces of ID with your name on it. You may pay by cash, credit card, certified check or money order. The fee is \$17 and walk-in requests are processed while you are present. Internet services are available at www.vitalchek.com. Mail in requests are processed and mailed within a three week period.

State of Michigan Vital Records

Department of Public Health

3423 N. Martin Luther King Jr. Blvd.

Lansing, MI 48909

(517) 335-8666

Mon – Fri 9 am – 4:30 pm

www.michigan.gov/mdch (click on "Birth, Death, Marriage & Divorce Records")

Provides assistance with birth certificates for those people born in the state of Michigan. (If born in the City of Detroit to married parents before October 1978, see the DHWP above). You must have a valid picture ID and a check or money order for the \$20 same day service fee to pick up a record. Also, to receive same day service, you must arrive at the office by 3 pm.

Mail in service is available for \$26 by check or money order, but may take 3-4 weeks after request is received. Contact the website or phone number above for more details.

Crossroads

92 E. Forest

Detroit MI, 48201

(313) 831-2000

14641 E. Jefferson Ave.

Detroit, MI 48201

(313) 822-5200

Provides emergency financial assistance, for acquiring a state I.D., driver's license, or birth certificate. Also provides food, clothing, or one-time prescription assistance. Call to schedule an appointment.

Travelers Aid Society of Detroit

1150 Griswold, Ste 1800
Detroit, MI 48226
(313) 962-6740

Provides partial emergency financial assistance for acquiring a state ID, driver's license, or birth certificate. Call for an appointment or walk in. May need a referral letter from your case manager.

SUPPLEMENTAL SECURITY INCOME (SSI)

Among other eligibility criteria, you must meet a definition of disability as defined by Social Security Administration (SAA) to get SSI, SSDI, or Medicaid. The definition of disability is: unable to perform any substantial, gainful activity and suffering from an incapacity or disease lasting for at least 12 consecutive months or resulting in imminent death. When you're diagnosed with AIDS, and (1) your doctor considers you unable to work during the next year, and (2) you don't have sufficient means of support (your resources/assets are less than \$2,000), you should apply right away for Federal SSI. SSI stands for Supplemental Security Income, which is a program administered by SSA. To apply, call toll free 1- (800) 772-1213 (7am - 7pm) to arrange a face-to-face or telephone interview at your local Social Security office.

DO NOT DELAY! Contact Social Security even before applying for state benefits. You can speed up your claim if you have the following information when you have your interview:

- Social Security Card (for yourself, your spouse and any dependents)
- Birth Certificate (very important)

Information about your illness

- What it is and when it started
- How it keeps you from working
- Date you stopped working

Medical Information / Psychological Information

- Provide medical and psychological information on all disabilities current or past, as Social Security wants to make a decision based on the entire picture.
- List of names, addresses and phone numbers of all doctors, hospitals, or other medical facilities where you were treated or tested
- Written dates of medical visits and type of treatment or tests
- Hospital, clinic and/or Medicaid number
- Claim number for any other disability checks you receive or have applied for
- Medicines you now take: name, dosage and how many times a day
- Any restrictions your doctor placed on you
- Any medical reports, lab reports, or doctor's statement of disability confirming your diagnosis and prescribed medications. They will be copied and returned.

Other Information

- Your work history
- A list of your daily activities
- Last year's W-2s
- Most recent pay stubs
- Current bank statements

Do not delay even if you do not yet have all the information listed above. Staff at the local Social Security offices will assist you. They are professionals and will keep all information confidential. Your case manager will know about the forms and procedures and can help you fill out the paperwork. Please don't go alone. If possible, take someone with you when applying for benefits. The interview may last over an hour, and another person can help you through the process and assist in remembering answers to questions. If you're hospitalized, or too sick to go to the Social Security office for an interview, you can request a phone interview. You can also send a relative or friend to the office to apply for you. Your case manager can help. Just ask.

PRESUMPTIVE DISABILITY SSI

Anyone with a diagnosis of AIDS, as defined by the Centers for Disease Control and Prevention (CDC) and confirmed by medical tests, with a major opportunistic infection, who meets the definition of disability, and who qualifies financially, may be given **Presumptive Disability SSI**. This means that the people at the Social Security office will presume a disability based on this initial information and you may get your first check within two to four weeks, rather than waiting the usual two to four months. A T-cell count below 200 does not meet the definition of disability. Be sure to have your doctor's name and phone number ready. It's also a good idea to let your doctor know that Social Security will ask him or her to fill out a medical form to confirm your disability.

Anyone who is HIV+ and has extreme or marked functional limitations may also qualify for Presumptive Disability SSI. A checklist to be completed by a doctor or nurse has been developed for this purpose, Form SSA-4814, Physician's Report on Adults with Allegation of HIV Infection, and can be obtained through your case manager or the Department of Human services (DHS formerly FIA) HIV/AIDS Advocacy Services Coordinator at toll free 1- (877) 342-2437 or 1- (877) FIA-AIDS.

HIV Diagnosis, Not Indicative of AIDS

If your diagnosis is HIV, but not AIDS, you have a lowered T-cell count, and you have 2 or more of the following conditions persisting over a 2-month period:

- anemia causing fatigue
- granulocytopenia (low blood count)
- thrombocytopenia (low blood count)
- documented fever
- weight loss
- oral thrush
- oral hairy leukoplakia (raised white patches in mouth)
- recurrent herpes zoster
- persistent diarrhea

and there is a marked restriction in activities of daily living or you are unable to concentrate, then you may be deemed disabled by Social Security standards.

Payments Under SSI

If you qualify for SSI, you will receive one of two amounts. If you are determined to be living on your own, you will receive \$564 per month. If you are determined to be living with others, you will receive \$376 per month. These checks come from the federal government and are received

on the first of the month. In addition, the State of Michigan pays a SSI amount on a quarterly basis (March, June, September and December). You will receive \$42 each quarter if you are living on your own and \$27.99 if you are living with others. If you are eligible for SSI you are also eligible for Medicaid. See the **MEDICAID** section.

SOCIAL SECURITY DISABILITY INSURANCE (SSDI)

Social Security Disability Insurance is different from SSI. Social Security Disability Insurance (SSDI) is a program that pays back to you the money you paid into Social Security while you were working. The amount of SSDI you get is based on how much you paid in. You qualify for Social Security Disability if you are at least 31 years old and paid into Social Security any five out of the last 10 years. If you are under 31 years old, you may still qualify for SSDI, but other eligibility criteria apply.

If you have too much in assets to qualify for SSI (\$2,000 or more), or if you have long-term or short-term disability from your former employer, you should still apply for Social Security Disability Insurance. Most employer disability programs that replace income will require you to apply for SSDI and will reduce your employer-funded payments to a lower level once your Social Security Disability Insurance starts paying. There is no asset/resource limit for SSDI.

One problem with Social Security Disability Insurance is that it does not start until the sixth month after the date of disability. You must wait a full 5 months from the month of application to receive your first check and they are not retroactive to when you applied. Another problem is that while Social Security usually pays you more than SSI, the extra bucks disqualify you from some of the benefits you got while your income was lower. For example, you may lose your Medicaid eligibility, but only temporarily. See **MEDICAID** section. You also may have the money you receive under Food Assistance Program reduced or terminated. The extra dollars may also reduce the number of hours for which you are eligible for state-paid chore workers.

New Social Security applicants are assigned to one of three monthly payment dates rather than on the 3rd of the month. New beneficiaries whose birthday falls within the first 10 days of the month will get their check on the second Wednesday of every month. Those whose birthday falls on the 11th-20th will receive their check on the third Wednesday, and for those who have birthdays after the 20th, checks will arrive on the fourth Wednesday. Those receiving SSDI prior to May, 1997 will continue to receive their checks on the 3rd of the month.

STATE DISABILITY ASSISTANCE (SDA)

If you've been diagnosed with AIDS and qualify for SSI, but can't wait 4 to 8 weeks for your first check, you may want to apply for state public assistance to help until your first SSI check comes. You need to apply for State Disability Assistance (SDA) at a Department of Human Services (DHS formerly FIA) Agency office. You can contact the DHS HIV/AIDS Advocacy Services Coordinator at (313) 456-1678 or toll free 1- (877) FIA-AIDS (342-2437) for the appropriate office and forms.

You may qualify for SDA even if you don't have an AIDS diagnosis, if your doctor will verify that you are unemployable due to a physical or mental impairment, other than chemical dependency, that lasts at least 90 days from onset. You may also qualify for SDA even if you are not disabled yourself! You must live with and be the caretaker of a disabled person, and have very little or no income.

If you qualify, you may get a check within 8 weeks, but SDA pays less than SSI. If medical information is difficult to get, or the agency needs further verification of your medical condition, then the wait for the first check may be longer. The monthly SDA check is \$264. DHS requires you to apply for SSI before they give you SDA, even if you think you may not be eligible. This is because the state wants the federal government to pay whenever possible.

When you go to the DHS office to apply for financial assistance (SDA), also apply for Medicaid and Food Assistance Program. It's all part of the same application process.

You need to complete an application form to apply for SDA. Pick up an application form at an DHS office, ask your case manager for one, or call the DHS HIV/AIDS Advocacy Services Coordinator at (313) 456-1678 or toll free 1- (877) FIA-AIDS (342-2437).

You will also need to verify other items such as: assets (property, life insurance, vehicles, etc.), household expenses (taxes, rent, mortgage, electric, heat, telephone bills -- bring copies of paid bills), income, identity (birth certificates, social security card, driver's license) and medical status (medical forms and records).

When you've completed the application, go to the DHS office as early in the morning as possible. Usually, the earlier you are there, the quicker you'll be interviewed. Bring a book or a good magazine! You may have to wait. If you are physically unable to go into the DHS office, you may send a friend or relative, known as an authorized representative, to apply for you.

Don't let the application process hassle you. Go with the flow. Don't let the application intimidate you, either. The application is used by everyone and covers every conceivable relationship between person and property. If you have questions about the application, call your case manager and ask for help. He or she will meet with you, help you to fill out all the forms, and make sure you have the necessary documentation. Don't be shy. That's what they're there for!

For State Emergency Relief, see the **EMERGENCY FINANCIAL ASSISTANCE** section.

VETERAN'S BENEFITS and SERVICES

Any patient who has been in the military services who feels he or she may be eligible for benefits or health care should contact the eligibility clerk at their nearest Veterans Administration (VA). If you were recently discharged due to an HIV+ diagnosis, contact the VA in Ann Arbor for information about benefits.

For more information about Veteran's Benefits, contact the eligibility clerk at:

VA Medical Center, Ann Arbor
2215 Fuller Rd
Ann Arbor, MI 48105
(734) 769 -7100

VA Medical Center, Detroit
4646 John R
Detroit, MI 48201
(313) 576 -1000 x 5541

MEDICAL INSURANCE

There is no question that private medical insurance is complicated. But the advantages may outweigh the complexity. For example, private insurance often pays for drugs, services and procedures that Medicaid may not cover. Also, private insurance can protect your resources. If you have money, but no insurance, the state will expect you to spend your own resources before they provide you with assistance.

HEALTH INSURANCE PORTABILITY and ACCOUNTABILITY ACT of 1996 (HIPAA)

For individuals with disabilities, including those living with HIV/AIDS, a critical issue in seeking employment involves whether or not an employer will cover pre-existing conditions. The Health Insurance Portability and Accountability Act of 1996 (HIPAA) was enacted to help address this problem.

Under HIPAA, insurers cannot limit or deny coverage under group health plans for pre-existing conditions for more than 12 months. Any months of prior insurance coverage count toward the 12 months, as long as there was no gap of more than 63 days in coverage. Once a person has earned 12 months of credit, insurers cannot exclude coverage ever again, as long as there is no gap of 63 or more consecutive days of coverage.

HIPAA requires insurers to accept anyone with a pre-existing condition who meets each of the following conditions for individual coverage:

- has 18 months or more of group coverage
- is not eligible for any other group coverage, COBRA, Social Security, Medicaid
- has no other insurance, and,
- is not without insurance because of failure to pay premiums.

The Michigan Patients Rights Bill went into effect in October, 1997. It strengthened some of the provisions of HIPAA. Under the state act, Blue Cross/Blue Shield and the HMOs cannot exclude coverage in any group plan for pre-existing conditions. Independent insurers can exclude coverage for a pre-existing condition for six months.

Under Michigan's law people with pre-existing conditions who are sold individual policies cannot be denied coverage for more than six months if they purchase their policies from Blue Cross/Blue Shield or an HMO, or for more than 12 months if they purchase their policies from independent insurance companies, even if they have not been covered previously.

If you are changing jobs and will have to wait more than 63 days until your new policy goes into effect, you can obtain emergency financial assistance to maintain the insurance from the job you are leaving through COBRA payments. Call the DHS IAP Program Coordinator at (313) 456-1677 or toll free 1- (877) 342-2437 for more information.

For more information on HIPAA, call your HIV case manager. You can also go the Health and Human Services web site at www.cms.hhs.gov/hipaa .

HIPAA EXCEPTIONS: When HIV Status Can Be Disclosed

- **Partner notification:** If you take an HIV test and the result is positive, your known sex and needle-sharing partners have to be notified that they may have been exposed to the virus.
- **Court order:** in some situations, a court can order you to disclose your HIV status
- **Health care provider:** If it is necessary to protect your health or the health of someone else, to prevent the further spread of HIV, or to diagnose and care for your condition, anyone can provide information about your HIV status to a health care provider, including a local or state health department
- **Notification to school employee:** If it is deemed necessary to prevent the further spread of HIV to students, the health department may notify an employee of a school district that an individual is HIV positive
- **Offenses involving criminal sexual misconduct, prostitution, or IV drug use:** If you are arrested and charged with one of the above offenses, the court can order you to take an HIV test
- **Child protection report:** If information related to HIV status is part of a report required by child protection laws, it can be disclosed
- **Child placement:** In order to care for a child or to place a child in a foster or adoptive home, HIV status can be disclosed by DHS, the Department of Community Health, a probate court, or a child placement agency
- **Hospital care:** If, during medical treatment, a health care worker is exposed to your body fluids, the hospital can test you for HIV without your consent.

Keeping Your Private Health Insurance

In the past people tended to lose their health insurance because either they quit or lost their jobs, and/or the premiums were too expensive. But now there are at least two insurance continuation programs that attempt to address these problems.

THE COBRA LAW

COBRA (Consolidated Omnibus Budget Reconciliation Act) refers to Federal legislation requiring companies with more than 20 employees to offer anyone leaving the company a chance to keep their group medical insurance coverage. If you qualify, your group coverage will continue for up to 18 months after you leave. The company keeps you on their policy, but you pay the premium. It's a good deal because group coverage tends to be much more comprehensive at a much lower cost than an individual policy. If you are disabled according to Social Security criteria, your coverage can be extended an additional 11 months beyond the initial 18-month period, for a maximum of 29 months.

You may be able to keep your health insurance policy even longer if your insurance company allows a conversion from a COBRA policy to an individual policy. You will still have to pay premiums, and the policy will cover less (for example, prescriptions may not be covered), but you will retain medical coverage. Make sure you contact the insurance company before the policy expires if you are interested in pursuing this option.

INSURANCE ASSISTANCE PROGRAM (IAP) & INSURANCE ASSISTANCE PROGRAM-PLUS (IAP-PLUS)

The Department of Human Services (DHS formerly FIA) has two programs available that will pay medical insurance premiums for people with HIV/AIDS called the Insurance Assistance Program (IAP) and the Insurance Assistance Program Plus (IAP-Plus).

In order to be eligible for the IAP, you must:

- be diagnosed with HIV or AIDS with physician verification that you are too ill to continue employment or will soon be too ill to work, within 90 days, because of HIV infection
- already have private health insurance in place (in other words, IAP doesn't get insurance for you)
- have an income of \$1,552 or less per month (monthly medical expenses, not including the cost of the insurance premium, are allowable deductions), and
- have less than \$10,000 in cash assets.

In order to be eligible for the IAP-Plus, you must:

- be diagnosed with HIV or AIDS, verified by a physician
- already have private health insurance with prescription coverage in place
- have an income of \$3,492 or less per month (monthly medical expenses, not including the cost of the insurance premium, are allowable deductions), and
- not be eligible for or receiving full Medicaid coverage.

The insurance premiums are paid to your prior employer or the insurance company. Contact the DHS IAP Program Coordinator at (313) 456-1677 or toll free 1- (877) 342-2437 for further information and an application for this program.

MEDICAID PLUS PRIVATE INSURANCE

If you have insurance and are a low-income person, you may be eligible for Medicaid as a supplement to your private insurance. You may also be eligible for both the Insurance Assistance Program and Medicaid. It is definitely worth checking into. Contact your case manager or the DHS IAP Program Coordinator at (313) 456-1677 or toll free 1- (877) 342-2437.

Insurance companies cannot cancel your policy when you get AIDS unless they think you lied about pre-existing conditions when you took out the policy. The legalities of what insurance companies can and cannot do are too much for us to talk about here. If you're having trouble with your insurance company or employer, it's best to talk with your case manager or a lawyer. See **LEGAL ISSUES** section for more information.

PRIVATE INSURANCE

Michigan Blue Cross/Blue Shield (BCBS)

It is possible to get private insurance through Michigan Blue Cross and Blue Shield if you are neither employed nor part of a group plan. If a pre-existing condition exists, there is a six-month waiting period. For more information, call (313) 225-8000 or toll free 1- (800) 848-5101, 8:45 am -12 noon / 1 pm – 5pm, Monday through Friday or go to their website www.bcbsm.com.

MEDICARE

After you have received SSDI for 24 months or if you are in renal failure, or if you are 65 years old, you are eligible for a health insurance program called Medicare.

Medicare has two parts. Part A, Hospital Insurance, covers services related to inpatient hospital care, home health care and hospice care. Because you worked and paid into the Social Security Program, there is no premium charged for Part A.

Part B of Medicare is the voluntary medical insurance that covers doctor's services and medical services and supplies. Part B coverage requires a monthly premium of \$78.20 which is deducted from your SSDI payment. It is not advisable to drop Part B; it could be very costly to buy into it later.

You may qualify for a Medicare Supplemental Plan, which will give you additional Medicare coverage. You will pay a monthly premium for this coverage. If you have Medicare coverage and income (including your SSDI income) of less than \$1,552 per month, then you also qualify for the Insurance Assistance Program (IAP) to pay the monthly premium for you! (See **IAP/IAP PLUS** section above) call the DHS IAP Program Coordinator at (313) 456-1677 or toll free 1- (877) 342-2437 or the DHS HIV/AIDS Services Coordinator at (313) 456-1678 or toll free 1- (877) FIA-AIDS (342-2437) for more information.

QUALIFIED MEDICARE BENEFICIARY (QMB) **a.k.a. MEDICARE SAVINGS PROGRAMS**

If your SSDI income is less than \$1,083 per month and your assets amount to less than \$4,000, Medicaid may pay your Medicare premiums. This means the \$78.20 deducted from your SSDI check each month would be returned to you. To apply for the Qualified Medicare Beneficiary Program (QMB), a.k.a. Medicare Savings Programs, go to your DHS office or call the DHS HIV/AIDS Advocacy Services Coordinator at (313) 456-1678 or toll free 1- (877) FIA-AIDS (342-2437) for more information.

MEDICAID

Medicaid (or Medical Assistance) is a medical insurance program for no and low-income people which is administered by DHS. If you qualify, Medicaid covers specified medical needs including doctor visits and hospitalization, lab work, most pharmacy needs, some professional home health care visits, and even some counseling. Medicaid does not pay for experimental drugs or procedures. If you qualify for Medicaid, you'll receive a plastic green card in the mail, called "MIHealth". Under Medicaid:

You have the right to:	You have the responsibility to:
<ul style="list-style-type: none"> ✓ receive quality healthcare ✓ be treated with respect ✓ get all the facts from your primary health care provider who will arrange your care ✓ say no to any treatment you disagree with ✓ get a second opinion ✓ be told what services Medicaid covers ✓ know how your health plan works ✓ change plans for any reason during the first 30 days of enrollment ✓ change health plans once during the year ✓ get a copy of your medical records ✓ have your medical records kept confidential ✓ get help with any disability needs ✓ get help with special language needs ✓ voice your concerns about the care you receive ✓ contact your health plan with any questions or complaints 	<ul style="list-style-type: none"> ✓ show your health plan card to all providers before you receive service ✓ never let anyone use your card who is not covered ✓ choose a primary health provider ✓ keep your scheduled appointments ✓ provide complete information about current medical problems ✓ provide complete information about your medical history ✓ follow your provider's medical advice ✓ use emergency room services only when you believe an injury or illness could result in lasting injury or death ✓ notify your primary provider if emergency treatment was necessary and follow-up care is needed ✓ report changes that may affect your coverage, including change of address, birth of a child, death, marriage, or divorce

Qualifying For Medicaid

There are different types of Medicaid programs and several different ways to qualify. If you are disabled, have an income of less than \$395 per month, and have less than \$2,000 in resources (one car and the house/condo that you own and live in are exempt), Medicaid will pay for all covered medical expenses incurred on or after the date of eligibility.

Disabled individuals with higher incomes are expected to pay a proportionately larger share of the medical bills before Medicaid will kick in. This is called **SPEND DOWN**. Medicaid will not pay the medical bills that were incurred before the date you were found eligible. In some cases, it is possible that the eligibility date can be backdated three months prior to your application.

If you do have unpaid medical bills which were incurred in the 3 months prior to your application, ask your DHS worker for Retroactive Medicaid. In any case, keep copies of all your medical bills, paid or not, and take them with you when you apply. Even when Medicaid will not pay some of these bills, they may give you credit for them when your income is more than \$395 per month. More about all this in the section on **SPEND DOWN**.

The easiest way to qualify for Medicaid is to qualify for one of the financial assistance programs. If you're eligible for SSI, then you're eligible for Medicaid. If you applied for SDA (see the section on **BENEFITS**), then you should have requested Medicaid at the same time. It's all part of the same paperwork and interview.

If you get Medicaid, it will usually continue as long as you get SSI. If your SSI stops because you begin earning too much money, you can often keep getting Medicaid as long as the following are true:

- You continue to be disabled or blind under SSI rules
- You can't pay your medical bills without Medicaid

If you have AIDS and went straight to the Social Security office or called in a claim for SSI, and you are eligible, then the Social Security office will tell the state via computer. The state will then send you a Medicaid "MIHealth" card. The problem is that this process can take weeks.

If you, like most people, need your Medicaid "MIHealth" card as soon as possible, you have two choices: (1) go down to the DHS office, and go through the application process we described in the section on **BENEFITS** or (2) wait the two to six weeks for Social Security to send you an SSI Award Letter. Send a copy, or better yet, carry your Award Letter to the local DHS office.

Managed Care Medicaid

Managed Care is now a part of Medicaid. All Medicaid recipients, except those listed below, must enroll in Managed Care and choose an HMO. Each plan offers one provider (doctor or medical group) to provide or arrange for all of your medical care; a provider location near you; 24-hour, year-round service; and Medicaid-covered services. You do not have to join a managed care health plan if you also get Medicare.

You **cannot** join a health plan if you:

- live in a licensed nursing facility
- are receiving ABW/AMP or Pluscare
- must meet a monthly "spend-down" amount
- are receiving Home and Community Based Services (Medicaid funded home care)
- receive both Medicaid and Medicare

You can ask for an exception if you have a serious medical condition and your provider is not part of a Medicaid health plan. If you believe that you qualify for an exception call Michigan Enrolls at toll free 1- (888) 367-6557 to ask for an Exception Request form.

You choose the HMO that is best for you. If you don't, one will be assigned to you. Sometimes you can get a referral from your assigned doctor to see the provider you wish to see. If you have questions or want to make a change in your plan, call Michigan Enrolls at toll free 1-(888) 367-6557. If you have additional questions or problems, call your case manager or the DHS HIV/AIDS Advocacy Services Coordinator at toll free 1- (877) 342-2437.

SPEND DOWN

Most people have to deal with Spend Down when they switch from SSI to Social Security Disability. If your income is \$771 a month or less, then you qualify for Medicaid automatically, without going through the Spend Down process. But if your monthly income is more than \$771, the state wants you to spend more of your money on medical bills before they are willing to spend theirs. This is called Spend Down. Many people think that Spend Down is some type of mystical maneuver beyond comprehension. But it isn't. It's actually a straightforward, even simple, formula that can work for you.

Spend Down works something like an insurance deductible. As soon as you can show that you have incurred (not necessarily paid) medical bills that surpass the amount of your "excess" income, Medicaid starts paying. If your income is \$771 or more a month, then your "excess" income is the difference between \$395 and whatever income you have that is more than \$771 per month. This is your monthly spend down amount. RELAX! You're not the one who needs to figure this stuff out. DHS will do it for you.

All you do is save each and every medical bill that Medicaid has not paid. This includes doctor and dental, prescriptions, and the premium bills for your private insurance. Your case manager or DHS social worker can help you with the details. Save your bills.

You can also meet your monthly spend down amount in 2 other ways:

- 1) If you have old medical bills that you are still responsible for from a time prior to when your Medicaid started, even if they are from years ago and from out of state, they can be used to meet your current Medicaid spend down.
- 2) If you need help with daily living activities, such as housekeeping, meal preparations, errands, and you pay someone to do these things for you, the amount you pay can be used to meet your monthly spend down.

ADULT BENEFITS WAIVER / ADULT MEDICAL PROGRAM (ABW/AMP)

Prior to July 2004, if you were receiving State Disability Assistance, then you automatically had medical coverage under the ABW/AMP. Prior to July 2004 if you were not disabled and therefore did not qualify for Medicaid, but had income at or below \$264/mo or no income at all, you may have qualified for the ABW/AMP. The Adult Medical Program was closed to new applicants as of July 2004. There have been “open enrollment” months since July 2004. Check with the DHS HIV/AIDS Advocacy Services Coordinator at toll free 1-(877-FIA-AIDS (342-2437) for information on this.

ABW/AMP medical coverage consists of doctor visits, prescription coverage, laboratory services (including blood tests like CD4 cell count tests), hospital services, medical supplies, emergency ambulance transportation and radiology services. If you qualify for the ABW/AMP, then you will receive a green plastic “MIHealth” card.

If you are a Wayne County resident and receive ABW/AMP, you will receive all of your medical coverage under Wayne County's Patient Care Management System, also known as PlusCare. With PlusCare, you are covered under an assigned HMO and you must use the doctors and pharmacies that are part of your assigned, specific HMO. If you have questions about coverage or how to qualify, call the DHS HIV/AIDS Advocacy Services Coordinator at (313) 456-1678 or toll free 1- (877) FIA-AIDS (342-2437).

LEGAL ISSUES

People living with HIV face many issues, and legal problems can occur in unexpected ways such as confidentiality, discrimination in housing, employment and accessing services or care. HIV also complicates issues relating to families, such as child custody and visitation; dating, such as disclosing HIV status prior to intimate contact; financial matters such as disability benefits and credit problems; and estate planning by forcing people to face end-of-life decisions at a very young age. There are ways to plan ahead to avoid legal problems before they occur.

MAKING CHOICES

A lawyer can create documents to help you make and explain your choices about your care and treatment in the event that you are not able to speak for yourself. Three of the most important documents are:

- Durable Power of Attorney for Financial Matters
- Durable Power of Attorney for Health Care (also called Designation of Patient Advocate)
- Wills

POWER OF ATTORNEY

A Power of Attorney is a document that gives someone permission to act for you in some particular way. A Durable Power of Attorney is one that continues to be valid even if the signer becomes disabled, and it is smart to write them so they have no value until you become disabled. This means that you can give someone permission to act for you, but only if you can't act for yourself. Power of Attorney expires at death, since it is really just permission for someone to act as you would (and if you have died, you cannot "act".)

A Power of Attorney for financial matters can be used to sell or lease your property or conduct other transactions on your behalf. It is not necessary to make deposits to your bank account, and actually most banks have their own forms that they want you to use if you give someone else access to your account. Speak with your bank branch manager about this before you give someone else your ATM card and PIN number.

DESIGNATION OF PATIENT ADVOCATE

A Durable Power of Attorney for Health Care lets you specify whom you want to make medical decisions for you. The person you name is called your Patient Advocate. The authority that you give to your Patient Advocate is very important and should be carefully considered, because they could end up making decisions with your doctors that could end your life.

WILLS

A will allows you to specify who is to receive your property, who is to serve as your personal representative (formerly known as executor), and who you wish to appoint as guardian for your children under age 18. While Michigan law allows you to create a will without a lawyer, the process of discussing your options with a lawyer is often very valuable.

Making these and other choices clear now may seem difficult and uncomfortable, but by working with a lawyer you can take steps to protect yourself and your rights later.

CONFIDENTIALITY

Michigan law protects the confidentiality of HIV status. A person's HIV status (positive or negative) may not be disclosed without their express, written permission unless one of a very few number of exceptions applies. Even an accidental or inadvertent disclosure violates the law.

If you have a feeling that someone is talking about your HIV status, begin taking notes. Keep a record of what you find out, when you learn it, who you think is doing the talking, who told you it was happening, and what reasons someone may have for revealing your HIV status. You want to have as much information as possible to explain why you have the idea that someone is talking about you.

If someone does reveal your HIV status, you can file a police report and perhaps have them arrested, because it is a misdemeanor. If you call the police and they do not know about the confidentiality law, ask them (nicely) to look it up in their Warrant Book: the number of the law is Michigan Compiled Law (MCL) section 333.5131.

You can also sue the person who revealed your status. If the person who talked about your status learned it while doing their job, you may be able to sue their employer.

If you don't want to get the police involved, and you don't want to file a lawsuit, you can still inform the person that they are breaking the law. Talk to a lawyer familiar with HIV laws about sending a letter that asks the person to stop talking about your status.

Just like you have the right to confidentiality, you also have the obligation not to reveal someone else's HIV status. Be careful to protect the HIV/AIDS status of any friends, acquaintances, and/or fellow committee or support group members.

Methods for Service Providers to Prevent Breaches of Confidentiality

- Always obtain a release from the individual before disclosing any information. The release must be in writing and be specific as to HIV/AIDS.
- Don't mark or distinguish HIV client files from other files.
- Don't discuss a client outside the office where someone may overhear you.
- When calling and leaving a message at a client's home or workplace, don't leave the name of your organization if the name includes HIV or AIDS or if your organization exclusively represents PLWH unless the client has given prior written approval to do so.
- The organization should have a caller ID block so its name will not appear on the client's phone call list or ID box.
- Be careful when mailing things with the organization's name on the outside of the envelope.
- When faxing information, arrange for someone to be on the receiving end so that confidential information is not lying around.
- When a record of a person's HIV status must be kept, limit the number of persons with access to the absolute minimum number of people and keep the information absolutely secured.
- Do not send e-mails that identify a person and disclose the person's HIV status. Instead send one e-mail that discloses HIV status without disclosing the person's identity. Then send a second e-mail identifying the person.
- Do not discuss client information on a portable or cell phone. The conversation can be monitored by anyone with the right equipment.

EMPLOYMENT

HIV-positive employees are becoming more numerous as more people are remaining healthy or regaining their strength, thanks to new medical therapies. The Americans with Disabilities Act (ADA) requires employers to make reasonable accommodations to people with disabilities, as does Michigan's Persons with Disabilities Civil Rights Act (PDCRA).

You cannot be denied employment or a job promotion because of your HIV status, or because your employer is worried that you will get sick or have attendance problems. And even if your health may increase your employer's health insurance rates, refusing to hire you is unlawful.

If you are sick and can not perform the essential parts of a job adequately, then it is legal for an employer to decide not to hire you. But an employer cannot ask you if you are disabled, or what your disability is, or what your HIV status is, during an interview. An employer can ask you if you are able to handle the essential parts of the job with some reasonable accommodation or change, but you do not have to disclose your HIV status to answer that question. Contact a lawyer for advice before you disclose your HIV status to your employer.

DISABILITY BENEFITS

The Social Security Administration (SSA) is the federal agency that administers programs for retirement, and for people with disabilities. The programs that are most often involved for people with HIV are:

- Social Security Disability Insurance Benefits (SSDI) are available if you have paid payroll taxes for five out of the last ten years. Your finances are not considered. Medicare health insurance starts 24 months after the date you became disabled under Social Security's rules. For more information see section **SOCIAL SECURITY DISABILITY BENEFITS (SSDI)**.
- Supplemental Security Income (SSI) is available if you are disabled and have resources worth less than \$2,000 (not including a house, furnishings or a car). Your work history is not considered. Medicaid starts immediately. For more information, see section **SUPPLEMENTAL SECURITY INCOME (SSI)**.

You have the right to have a lawyer represent you. A lawyer's help is not essential, but national statistics show that people represented by attorneys are successful more often, and faster. Not all attorneys practice in all areas of the law, and Social Security procedures are complicated. For legal problems related to HIV/AIDS, it is often especially important to talk to experienced lawyers who understand HIV.

Conclusion

Michigan law says that information about HIV and AIDS status is confidential. The stigma that people living with HIV/AIDS continue to face explains why this law is necessary, and why it is so important to obey it. Information about someone's HIV status can cost them their family, job or home if it is disclosed improperly, even accidentally.

FREE LEGAL RESOURCES

HIV/AIDS Advocacy Program (HAAP)

29200 Vassar Blvd. Suite 200
Livonia, MI 48152-2140
(248) 473-2990, Fax (248) 473-4104
Client intake number: 1- (800) 288-5923
www.mpas.org

HAAP is a project of Michigan Protection and Advocacy Service (MPAS), created to provide advocacy and technical assistance to persons with HIV infection in the state of Michigan. They can assist with wills, bankruptcy, power of attorney, creditor issues, problems with SSI and obtaining SSI benefits, designation of patient advocate forms, housing and employment discrimination and more. Services are free of charge, and they can come to your home if you are homebound.

Lakeshore Legal Aid of St. Clair County

803 Tenth Ave.
Port Huron, MI 48060
(810) 985-5107

Offers legal counseling and representation, community legal education, and seminars for low-income citizens and senior citizens.

Macomb County Bar Association

Lawyer Referral Services

(586) 468-8300
www.macombbar.org

Neighborhood Legal Services Michigan (NLSM)

(formerly Wayne County Neighborhood Legal Services – WCNLS)

104 Lothrop, Ste B
Detroit, MI 48202
(313) 874-5820

www.freewebs.com/wcnls

NLSM offers non-criminal legal advocacy, law-related education and supportive services for individuals and families. Abused or homeless persons, children, people with life-challenging illness, and seniors who qualify, receive services free of charge. Workers and retirees may also qualify to receive reduced fee non-criminal Neighborhood Legal Services.

Oakland County Bar Association

Lawyer Referral Service

(248) 338-2100
www.ocba.org

LOW COST LEGAL RESOURCES

Kendra S. Kleber & Associates PLLC

PO Box 20787

Ferndale, MI 48220

(248) 591-0301

email: hivlawyer@kendra.com

www.positiveoutlook.org

Provides low cost legal services related to Social Security disability claims for people living with HIV/AIDS.

LIFE INSURANCE

SELLING (VIATICAL SETTLEMENTS)

If you have a life insurance policy through your work, there are advantages to keeping the policy in place, even though it may mean you have to pay premiums. When you meet with your employer, ask for "full disclosure" of your life insurance benefits. See Life Insurance under Employment and Volunteerism for some of the questions you need to ask. A life insurance policy can be sold or "viaticated" while you are still living. There are a number of companies that will purchase part or all of your life insurance policy. They will pay you anywhere from 55% to 85% of the face value, even if the policy has neither cash value nor dividends and the only benefit it will provide is the death benefit. Some policies allow the company that issued the policy to accelerate the benefits to provide funds to you in some cases. These are called viatical settlements.

Each company has their own eligibility requirements, but all of them require you to complete an application and sign release forms so they can obtain your medical records and insurance policy information.

Most companies will consider policies with face values between \$25,000 and \$1,000,000, but some companies will consider higher and lower amounts. It is a good idea to check with two or three companies, but remember that each company will send requests for information to your doctor and insurance company, and this can slow the process considerably.

Group policies can also be purchased, but they require additional paperwork, and it usually takes longer to complete the transaction. You will receive the funds in a lump sum, and at the current time, the money received is exempt from federal taxes, but still subject to state and local taxes. However, tax laws change frequently, and it is essential that you check with an attorney or financial consultant. Information and applications from companies that provide viatical settlements can be obtained by calling the company directly or by going to the following website: www.viatical.org. You may also call the Department of Human Services (DHS formerly FIA) HIV/AIDS Services Coordinator at (313) 456-1678 or toll free 1-(877) FIA-AIDS (342-2437) for more information.

BUYING

Contact a local insurance broker for individual policies for which you may qualify. Another option for life insurance is listed below. Please note that no guarantee is implied. Proceed with caution and buyer beware.

Western Southern Financial Group

Michigan toll free: 1- (800) 232-1228

Customer Service: toll free 1- (866) 832-7719

www.westernsouthernlife.com

This page left intentionally blank.

EMOTIONAL / SPIRITUAL SUPPORT

SUPPORT GROUPS

There are many support groups available to those infected and affected by HIV/AIDS. Support groups are happening all over the Metro Detroit area and throughout the state of Michigan. Family and friends of people with HIV/AIDS may also be welcomed. It can help to talk with some folks who share what you're going through. And group time is not always serious. You can also find good humor as well as a very useful exchange of information and ideas about things that can make life a little easier.

The following are names of groups or organizations you can call to find out about support groups. Times, days and formats may change from time to time, so it's best to call the organization to get the most current information. FRIENDS Alliance also produces a listing of support groups in the area, so they are a good source of information about potential groups.

APM (AIDS Partnership Michigan) or toll free	(313) 446-9800 or 1- (800) 515-3434
Affirmations (Gay and Lesbian) or toll free	(248) 398-7105 1- (800) 398-GAYS
CHAG (Community Health Awareness Group)	(313) 963-3434
Renaissance Unity (Warren)	(586) 758-3050
Horizons Project / Children's Hospital (HIV+ youth aged 13-24)	(313) 924-9493
FRIENDS Alliance or toll free—	(248) 544-3320 1-(800) 350-PWAS
Gilda's Club (Cancer)	(248) 577-0800
Higher Ground HIV+ Holistic Spiritual Support Group	(586) 427-1259
HARC (HIV/AIDS Resource Center) (Washtenaw County) or toll free—	(734) 572-9355 or 1- (800) 578-2300
Jewish Family Services	(248) 592-2300
Latino Family Services	(313) 841-7380
MAPP (Midwest AIDS Prevention Project) or toll free	(248) 545-1435 or 1- (888) A CONDOM
Open Arms (call MAPP for current information)	(248) 545-1435
P-FLAG (Parents & Friends of Lesbians & Gays)	(313) 585-5656 or (248) 656-2875 or (734) 783-2950
Power of Work Support Group (Ask for Project HOPE Employment Specialist)	(313) 964-3900 ext. 423
Visiting Nurse Association (VNA)	1-800-882-5720 (ask for HIV program)

If you need transportation to a support group, call:
Community Health Awareness Group (CHAG) at (313) 963-3434

SPIRITUAL SUPPORT

AIDS Interfaith Network

AIDS Partnership Michigan (APM)
2751 E. Jefferson, Ste. 301
Detroit, MI 49207
(313) 446-9800
www.aidsparntership.org

For information, call APM.

Gospel Against AIDS (GAA)

2751 E. Jefferson, Ste. 301
Detroit, MI 48207
(313) 341-5989
www.gospelaa.org

A three component program that provides AIDS 101 training, technical assistance and outreach, and referral services to communities of faith. Monthly open door prayer services are offered as well. Contact directly for more information.

Higher Ground HIV+ Holistic Spiritual Support Group

For details, contact Rick Henning at (586) 427-1259 or Karen Costley at (248) 543-5954

LISTEN (Like-minded Individuals Sharing Time Encouraging Neighbors)

St. John Detroit Riverview Hospital, Pastoral Care Team
7733 E. Jefferson Ave.
Detroit, MI 48215
(313) 499-4674

This telephone spiritual support service serves people coping with HIV/AIDS by connecting them with spiritual leaders. Call Chaplain Donna Clark for information on participating spiritual leaders.

MENTAL HEALTH COUNSELING

24 HOUR CRISIS LINES

Mental health counseling is available for people with HIV infection. It is best to contact your case manager, as services may have certain eligibility criteria or require a referral. If you need immediate assistance, contact the 24-hour crisis line in your area.

Wayne County (313) 224-7000
 Oakland County 1- (800) 231-1127
 Macomb County (586) 307-9100
 Monroe County 1-(800) 886-7340 or 1-(800) 423-1958
 St. Clair, Lapeer, Sanilac Counties 1- (888) 225-4447
 Michigan AIDS Hotline 1- (800) 872-2437

COUNSELING SERVICES

**** Designates HIV specific resources**

**** *AIDS Partnership Michigan (APM) / Behavioral Health Services***

2751 E. Jefferson, Suite 301
 Detroit, MI 48207
 (313) 446-9800

www.aidspartnership.org

APM provides short-term mental health counseling for HIV+ individuals, either in-home or at APM, on a sliding scale fee basis, to assist them with depression and anxiety frequently associated with HIV and issues related to coping with HIV diagnosis. Call APM directly.

American Indian Health & Family Services of Southeastern Michigan (AIHFS)

4880 Lawndale
 Detroit, MI 48210
 (313) 846-3718; fax (313) 846-0150

www.detroitindianhealth.org

AIHFS provides mental health and substance abuse counseling services to primarily the Native American community of Southwest Detroit.

Cabrini Clinic

1435 6th Street
 Detroit, MI 48226
 (313) 961-7863

www.comnet.org/cabrini

A mental health clinic is offered by appointment only on Wednesdays, 3:00pm – 6:00pm. General medical clinic patients are seen on a walk-in basis, Tuesdays 5:00pm – 8:00pm and Thursdays from 1:00pm - 4:00pm and from 6:00pm – 8:00pm. Registration is required and begins one hour before the clinic opens. Call (313) 961-7863 for more information.

Community Care Services

26650 Eureka Road, Suite A
Taylor, MI 48180
(734) 955-3550
www.comcareserv.org

Provides outpatient substance abuse and mental health counseling to "severe and persistent" mental illness (SPMI) patients of all ages.

Hospice of Michigan (HOM)

400 Mack
Detroit, MI 48201
Mon – Fri 8 am - 6 pm
(313) 578-5000 or toll free 1-(888) HOM-5656 (466-5656)
On call 24 hours
www.hom.org

Provides support groups and one-on-one grief and bereavement counseling for HIV infected and affected persons.

Monroe County Community Mental Health

1001 South Raisinville Rd.
PO Box 726
Monroe, MI 48161
(734) 243-7340 or toll-free 1-(800) 886-7340
fax (734) 243-5564
www.comnet.org/monroecmh

Provides various outpatient-counseling services. Call directly for more information.

**** University Psychiatric Center (UPC) – Children's Hospital of Michigan (CHM)**

3901 Beaubien, 4th Floor
Detroit, MI 48201
(313) 745-4878 or toll free 1-(888) 362-7792
www.med.wayne.edu/psychiatry/UPC_Main.htm

UPC at CHM provides free Ryan White funded outpatient mental health counseling for HIV+ children, adolescents, and young adults up to age 24 to assist them with depression and anxiety frequently associated with HIV and issues related to coping with HIV diagnosis. Call directly for more information.

University Psychiatric Center (UPC) – Farmington Hills

32841 Middlebelt Road, Suite 405
Farmington Hills, MI 48334
(248) 932-3552 or toll free 1-(888) 362-7792
www.med.wayne.edu/psychiatry/UPC_Main.htm

UPC – Farmington Hills provides outpatient mental health for children and adolescents. Call directly for more information.

**** University Psychiatric Center (UPC) – Jefferson Research Clinic**

2761 E. Jefferson

Detroit, MI 48207

(313) 993-3964 or toll free 1-(888) 362-7792

www.med.wayne.edu/psychiatry/UPC_Main.htm

UPC – Jefferson Research Clinic provides Ryan White funded outpatient mental health/substance abuse services to HIV adults. Can provide neuropsychological evaluations for dual diagnosed clients.

University Psychiatric Center (UPC) – Livonia

Newburgh Professional Park

16836 Newburgh Road

Livonia, MI 48154

(734) 464-4220 or toll free 1-(888) 362-7792

www.med.wayne.edu/psychiatry/UPC_Main.htm

UPC – Livonia provides outpatient mental health for children, adolescents and adults. Also provides substance abuse services. Call directly for more information.

**** Visiting Nurse Association of Southeast Michigan (VNA)**

In-Home HIV/AIDS Mental Health Program

25900 Greenfield, Suite 600

Oak Park, MI 48237

Toll free 1-(800) 882-5720

www.vna.org

VNA provides free Ryan White funded in-home mental health counseling for HIV+ persons to assist them with depression and anxiety frequently associated with HIV and issues related to coping with HIV diagnosis. Services consist of a psychiatric evaluation, psychiatric medication management if necessary, and therapy provided by psychiatric nurses and social workers. To access this service call toll free 1-(800) 882-5720, 8 am to 5 pm, Monday through Friday, and ask for the Case Manager of the day or Central Intake at toll free 1-(800) 852-1232.

ADDICTION / CHEMICAL DEPENDENCY

HARM REDUCTION / NEEDLE EXCHANGE PROGRAMS

If you are an injecting drug user and do not want to spread your HIV infection through needle sharing, you can receive clean needles through Community Health Awareness's (CHAG) Life Points or Latino Family Service's syringe exchange programs. You must register for the programs, and you must turn in a dirty needle to receive a clean one. Both programs operate through mobile outreach. These are the current sites and times:

Life Points (CHAG) (313) 872-2424

Monday: Third and Peterboro, 3 pm - 5 pm

Tuesday: Dexter and Lawrence, 1 pm - 3 pm
Warren and Beechwood, 4 pm - 6 pm
Woodward and Seward, 6 pm - 7 pm
Woodward and Webb, 7 pm - 8 pm

Wednesday: Oakland and Owens 1 pm – 2 pm
Chene and Ferry, 3 pm - 5 pm
Mack and Bewick, 5 pm - 7 pm

Thursday: Third and Peterboro, 3 pm - 5 pm

Friday: Fenkell and Turner, 12 pm - 2 pm
Dexter and Lawrence, 3 pm - 5 pm
Woodward and Seward, 5 pm - 6 pm
Woodward and Webb, 6 pm - 7 pm

Saturday: Palmer Park, 12 pm - 2 pm
Mack and Bewick, 2 pm - 4 pm

Latino Family Services - Detroit Sites (313) 841-7380

Mondays only: Michigan Ave (Junction and Livernois), 12 pm – 12:50 pm
Vernor and Green, 1 pm – 1:50 pm
4th Street (Junction and Livernois), 2 pm – 2:50 pm

SUPPORT GROUPS

For drug or alcohol treatment, a number of options available to you, including inpatient, outpatient, and/or residential treatment. Alcoholics Anonymous and Narcotics Anonymous meetings are offered in many locations to help maintain sobriety after completed treatment.

Alcoholics Anonymous

Oakland County	(248) 332-3521
Macomb County	(586) 756-1209
Monroe County	(734) 457-4777
Wayne County	(313) 831-5550

Narcotics Anonymous

Metropolitan Detroit Area (248) 543-7200
(includes all surrounding counties and Windsor)

REGIONAL SUBSTANCE ABUSE COORDINATING AGENCIES

If you have private insurance through an HMO, you must contact your HMO provider directly (the number to call should be on the back of your insurance card) for a referral to a substance abuse treatment program. Do not go through the resources below.

Detroit Department of Health and Wellness Promotion (DHWP), Bureau of Substance Abuse

1151 Taylor
Detroit, MI 48202
(313) 876-4070
Serving: City of Detroit
www.ci.detroit.mi.us/health

Provides substance abuse assessments and referrals for drug treatment for Detroit residents. You need to walk-in Monday through Friday at 7 am and go through **Access Assessment Referral Services (AARS)** (formerly CDRS). Bring a valid State of Michigan ID, Social Security card, and current Medicaid card (if applicable). Referrals are provided on a first come, first serve basis. If you are interested in substance abuse treatment and have Medicaid, ABW/AMP, or if you have no insurance, you must go through AARS for treatment referral. If you would rather schedule an appointment vs. walk-in, you may call Family Road at (313) 966-9007 and ask for Barbara Gumn or Point of Change at (313) 872-2424.

Macomb County Community Mental Health, Office of Substance Abuse Services

Macomb County Building, 6th Floor
10 N. Main St.
Mount Clemens, MI 48043
Administrative numbers: (586) 469-5278 or (586) 469-5920
Serving: Macomb County
www.macombcountymi.gov/communitymentalhealth

If you are interested in accessing publicly funded substance abuse treatment services, you must go through **CARE** (see below) first.

Community Assessment Referral and Education (CARE)

31900 Utica Rd.
Fraser, MI 48026
(586) 541-2273
Mon, Tue, Thu 8:30 am – 9 pm; Wed & Fri. 8:30 am – 5 pm
www.careofmacomb.com

Provides substance abuse assessments for Macomb County residents with no insurance and no way to pay for treatment.

Oakland County Health Division, Office of Substance Abuse

250 Elizabeth Lake Rd., Ste. 1550

Pontiac, MI 48341-1034

(248) 858-0001

Serving: Oakland County

www.co.oakland.mi.us/health/program_service/sas_about.html

The Substance Abuse Office is an administrative unit responsible for the establishment of and maintenance of a network of substance abuse treatment and prevention programs. The office provides information, consultation, and technical assistance to organizations and individuals on substance abuse prevention treatment issues, funds various prevention projects and activities, publishes a newsletter, and offers various other services. Treatment referrals/placements for adults and adolescents are made through PACE (Prior Authorization/Central Evaluation) unit (248) 858-5200.

PACE Intake Unit

250 Elizabeth Lake Road, Suite 1570

Pontiac, MI 48341-1034

(248) 858-5200 or toll free 1-(888) 350-0900 ext. 85200

www.co.oakland.mi.us/health/program_service/osas/osas_pace.html

St. Clair County Health Department,

Thumb Region Substance Abuse Services Coordinating Agency (TRSASCA)

3415 28th St.

Port Huron, MI 48060

(810) 987-8922

Serving: Huron, Lapeer, Sanilac, St. Clair and Tuscola Counties

www.stclaircounty.org/offices/health/substance_abuse.asp

For individuals on Medicaid or who request state funds, contact CDRS at 800-237-0870.

TREATMENT PROGRAMS

Different treatment programs have different procedures based on the program and on your insurance program. These programs allow direct referrals and do not require a referral from AARS or a regional substance abuse coordinating agency.

Community Care Services

www.comcareserv.org

26184 W. Outer Drive

Lincoln Park, MI 48146

(313) 389-7500

Offers adult intensive outpatient treatment. Call for more information.

26650 Eureka Road, Suite A

Taylor, MI 48180

(734) 955-3550

Offers women's intensive outpatient treatment. Call for more information.

Detroit Hispanic Development Corporation (DHDC)

1211 Trumbull
Detroit, MI 48216
(313) 967-4880
www.dhdc1.org

Provides individual, group and family outpatient counseling for low income and uninsured adults and youth referred for substance abuse issues. Each client participates in individual and group counseling sessions. Bilingual education and direct services are available.

Detroit LIGHT House

3800 Woodward, Suite 400
Detroit, MI 48201
(313) 832-1300

The Detroit LIGHT House program provides intensive outpatient substance abuse treatment with potential free housing (if random drug screens come back negative) while you are participating in the program. The program targets African-Americans, men who have sex with men, and HIV positive individuals meeting the following criteria: 18 years or older and substance abuser.

Latino Family Services

3815 W. Fort St.
Detroit, MI 48216
(313) 841-7380
www.latinofamilyservices.org

Provides outpatient substance abuse counseling on Tuesdays, 9 am – 2 pm. Call for more information.

Point of Change

3028 E. Grand Blvd.
Detroit, MI 48202
(313) 872-2424

Point of Change is a Community Health Awareness Group (CHAG) program that provides onsite substance abuse assessments and referrals (AARS) to drug treatment, pre-treatment individual and group counseling, and aftercare case management and support group services, and has a support group for Hepatitis C. Must have current State of Michigan I.D. for in-patient treatment referral.

Sacred Heart Rehabilitation Center

400 Stoddard
PO Box 41038
Memphis, MI 48041-1038
(810) 392-2167 or toll free 1-(888) 802-7472
www.sacredheartcenter.com

A residential treatment facility with services including admission & assessment, medical care, individual & group counseling, family education, outpatient services and follow up care.

Salvation Army Harbor Light

3737 Lawton St.
Detroit, MI 48208
(313) 361-6136

Offers inpatient treatment to men and women. You may contact the agency directly. You need a picture ID and a social security card for admission. Offers a dual diagnosis treatment program for individuals with mental illness and chemical dependency.

Self Help Addiction Rehabilitation Men’s Program (SHAR MP)

1852 W. Grand Blvd.
Detroit, MI 48208
(313) 894-8444

SHAR Men’s Program is a comprehensive four-month residential treatment program for men at risk for HIV/AIDS. For additional information, contact the Admission’s Coordinator or Program Coordinator.

Agencies located in Macomb County

- CARE/Substance Abuse Information Center (586) 541-2273
- Evergreen Counseling Center (Shelby Township) (586) 268-6550
- Evergreen Counseling Center (Sterling Heights) (586) 268-6550

DUAL DIAGNOSIS PROGRAMS

These agencies serve clients that are mentally ill and chemically addicted (dual diagnosed):

Community Care Services

26184 W. Outer Drive
Lincoln Park, MI 48146
(313) 389-7525
www.comcareserv.org

Detroit Central City Community Mental Health, Inc. (DCCCMH)

10 Peterboro Street
Detroit, MI 48201
(313) 831-3160
www.dcccmh.org

Detroit East Community Mental Health Center

9141 E. Jefferson Ave.
Detroit, MI 48214
(313) 331-3435

Harbor Light Center (Salvation Army)

3737 Lawton
Detroit, MI 48208
(313) 361-6136

42590 Stepnitz Dr.
Clinton Township, MI 48036
(586) 954-1838

3580 S. Custer Rd.
Monroe, MI 48161
(734) 242-5050

Havenwyck Mental Health System

1525 University Drive
Auburn Hills, MI 48326
(248) 373-9200
www.psolutions.com/facilities/havenwyck

Hegira Oakdale Recovery Center

43825 Michigan Ave.
Canton, MI 48188
(734) 397-3088
Open 24 hours
www.hegira.net

Northeast Guidance Center

12800 E. Warren Ave.
Detroit, MI 48215
(313) 824-8000
www.negc2005.org/default.html

Oakland Family Services

114 Orchard Lake Rd.
Pontiac, MI 48341
(248) 858-7766
www.oaklandfamilyservices.com

Southwest Counseling and Development Services

1700 Waterman
Detroit, MI 48209
(313) 841-8900
www.swcds.org

University Psychiatric Center – Jefferson Research Clinic

2761 E. Jefferson
Detroit, MI 48207
Toll free 1- (888) 362-7792
www.med.wayne.edu/psychiatry/UPC_Main.htm

Provides outpatient mental health and substance abuse services. Ryan White funded for HIV+ individuals. Has a methadone and LAAM component. Also provides free neuropsychological evaluations for HIV+ dual diagnosed clients.

GAMBLING ADDICTION RESOURCES

MI Council on Problem Gambling, Inc.

oll-free hotline 1- (800) 270-7117

www.michapg.org

Provides counseling, referrals, general information, and Gambling Anonymous (GA) meeting information.

SEXUAL ADDICTION SUPPORT GROUPS

Sex Addicts Anonymous - Michigan Intergroup (SAA)

1- (800) 477-8191 International Office

www.SAA-recovery.org

A 12-step self-help group for people who have the desire to stop addictive sexual behavior.

Co-Dependents of Sex Addicts (COSA)

(313) 388-5987 Ask for Charlene

A 12-step self-help group for anyone dealing with a friend or relative who has a sexual addiction problem. All potential clients must go through a screening process before enrollment. Meetings are held in the Redford area.

This page left intentionally blank.

DOMESTIC VIOLENCE

Although men who are battered are not allowed to stay at most domestic violence shelters, men can call a shelter that may be able to assist them with short-term hotel expenses for safe shelter. Below are some domestic violence resources for women and children and for men who are at risk or are currently victims of or perpetrators of domestic violence.

C.O.P.E. Personal Development Center

10101 E. Warren Ave.

Detroit, MI 48212

(313) 884-6000, Fax (313) 884-4606

Outpatient mental health and substance abuse treatment and prevention for Detroit and Wayne county residents. Offers a wide range of services for individuals, partners, and families, including counseling, education, and supportive services. Open Mon – Fri, 8 am to 8 pm.

Detroit Police Department - Rape Counseling Center/Domestic Violence Project HOPE

4201 Saint Antoine St., Ste 6-F

Detroit, MI 48201

(313) 833-1660 24 hour crisis line

(313) 833-9813 alternative crisis line

(313) 833-1660 business phone

Domestic Violence and sexual assault services.

First Step (Western Wayne County and Downriver community residents)

(Location of shelter is confidential)

Toll free 1- (888) 453-5900 (24-hour Crisis/Help line)

Offers advocacy, emergency shelter, counseling, sexual abuse/rape counseling, and 24-hour telephone crisis intervention for individuals of all ages that are victims of domestic violence or sexual assault.

HAVEN (Help Against Violent Encounters Now) (Oakland County residents)

(Location of shelter is confidential)

P.O. Box 431045

Pontiac, MI 48343

(248) 334-1274 (24-hour hotline)

1- (877) 922-1274 (toll free number)

(248) 334-1284 (business line)

Provides 24 hour battered women's shelter with domestic violence, child abuse, support groups, and 24-hour telephone crisis intervention. HAVEN is the only domestic violence shelter in Oakland County, but will serve residents of all counties. Residents may stay up to 30 days.

Health Brings Wealth, Inc.

21500 Greenfield #102
Oak Park, MI 48237
Oakland County: (248) 967-9561
Wayne County: (313)332-4865
www.healthbringswealth.org

Provides education on developing healthy new life skills.

Interim House (YWCA) (Detroit residents)

(Location of shelter is confidential)
P.O. Box 21904
Detroit, MI 48221
(313) 861-5300 (24-hour hotline) or toll free 1 (800) ASHELTER (734-5837)

Provides 24-hour emergency shelter, advocacy, counseling, youth day care for residents, and 24-hour telephone crisis intervention. Serves Detroit residents. Residents may stay 30 days, but it can be extended to 90 days in some cases.

La Vida

Community Health and Social Services (CHASS)
5635 W. Fort St.
Detroit, MI 48209
(313) 849-3920
www.sph.umich.edu/urc/projects/la-vida.html

La Vida is located at the CHASS Southwest Center and offers Spanish-speaking battery intervention, advocacy, education, and prevention for the Detroit area. Services also include a Spanish-speaking support group, an education and prevention program for young kids, and a group project with girls at Cezar Chavez High School. Open 8-5.

National Sexual Assault Hotline

Toll free 1- (800) 656 HOPE (4673) 24 hour hotline

Safe Horizons (St. Clair County area residents)

P.O. Box 610968
Port Huron, MI 48061-0968
(810) 985-4950
(810) 985-5538 (24-hour hotline)

30-day temporary shelter for women and their children and homeless individuals who are victims of domestic violence and sexual assault. Safe Horizons has a women's only shelter for domestic violence and sexual assault victims and their children as well as a shelter for homeless individuals including men, women and families. Counseling and support groups are also available.

Simon House

17300 Burgess
Detroit, MI 48219
(313) 531-3400
Mon - Fri 9:00 am - 5 pm

Provides emergency shelter and transitional housing, and support groups for HIV+ women and their children.

Turning Point (Macomb County residents)

(Location is confidential)
P.O. Box 1123
Mt. Clemens, MI 48046
(586) 463-4430
(586) 463-6990 (24-hour crisis line)

Provides 24-hour emergency battered women's shelter, sexual assault counseling, mutual support groups, and 24-hour telephone crisis intervention for victims age 13 and over. Serves Macomb County. Residents may stay 30 days.

Women's Justice Center/My Sister's Place Shelter

(Shelter address is confidential)
615 Griswold, Suite 1520
Detroit, MI 48226
(313) 779-3106 24 hour crisis line
(313) 962-4945 business phone
(313) 962-4946 fax

My Sister's Place offers up to 90 days of emergency placement in a "home atmosphere" setting. Additional services include counseling, housing relocation, and advocacy/case management services. Women's Justice Center offers legal services and advocacy for low income, 9th and 4th precinct Detroit residents.

CULTURAL RESOURCES

ACCESS (Arab Community Center for Economic & Social Services)

Community Health and Research Center
6450 Maple St.
Dearborn, MI 48126
(313) 216-2200
www.accesscommunity.org

Serves the Arabic and Chaldean communities with various social services, HIV counseling and testing, and bilingual services.

American Indian Health and Family Services (AIHFS)

4880 Lawndale
Detroit, MI 48210
(313) 846-3718
www.detroitindianhealth.org

Primarily serves the Native American population of Southwest Detroit. Provides medical, mental health, substance abuse, and HIV counseling and testing.

Arab-American and Chaldean Council (ACC)

99 West 7 Mile Rd.
Detroit, MI 48203
(313) 893-6172
www.arabacc.org

Serves the Arabic and Chaldean communities with various social services, HIV counseling and testing, and bilingual services.

Deaf Community Advocacy Network (Deaf C.A.N.)

2111 Orchard Lake Rd., Ste. 101
Sylvan Lake, MI 48320
(248) 332-3323 (TTY)
(248) 332-3331
www.deafcan.org

Deaf C.A.N. provides assistance to deaf persons such as interpreter referrals and leadership training. Free case management services are available for HIV+ hearing impaired individuals.

Deaf Counseling Services Center

14800 W. McNichols Rd.
Detroit, MI 48235
(313) 493-6274

Works with children, adults, and families who are deaf and hard of hearing. Deaf Counseling Services Center also has an outpatient mental health clinic. Medicaid is only accepted in Wayne County, but accept third party insurance in all counties.

Detroit Hispanic Development Corporation (DHDC)

1211 Trumbull St.
Detroit, MI 48216
(313) 967-4880
www.dhdc1.org

Provides services including adult education, English as a Second Language (ESL) classes, Work First, counseling, substance abuse outpatient counseling, HIV counseling and testing, and a youth program. All services are provided by bilingual and bicultural staff and limited transportation is available.

Freedom House

2630 W. Lafayette
Detroit, MI 48216
(313) 964-4320
www.freedomhousedetroit.org

Offers temporary shelter and assistance to refugees seeking asylum/protection from their countries. Provides food, clothing, shelter, and social and legal services, as well as referrals for medical and mental health care.

International Institute

111 E. Kirby
Detroit, MI 48202
(313) 871-8600

Can provide referrals for translators and interpreters for many languages.

Jewish Family Services (JFS)

24123 Greenfield
Southfield, MI 48075
(248) 592-2300
www.jfsdetroit.org

Provides HIV support groups, outpatient and home-based counseling, and transportation.

Latin Americans for Social and Economic Development (LASED)

4138 W. Vernor Hwy.
Detroit, MI 48209
(313) 554-2025

Serves the Hispanic population and offers counseling, job assistance, youth/senior centers, meals, and transportation.

Latino Family Services (LFS)

3815 W. Fort St.

Detroit, MI 48216

(313) 841-7380

www.latinofamilyservices.org

Services include HIV counseling and testing, substance abuse counseling, domestic violence counseling, seniors program, youth program, drop in center, and women's center. LFS has a psychologist and a referral specialist as well.

Michigan Association for Deaf, Hearing, & Speech Services (MADHS)

(517) 487-0066 (V/TTY)

Toll free 1- (800) YOUR-EAR

www.madhs.org

MADHS provides interpreter services, assistive equipment loans, hearing aid assistance, youth programs, statewide advocacy and education on deafness and hearing conservation.

PET CARE

WAGS (Wonderful Animals Giving Support)

Midwest AIDS Prevention Project (MAPP)

429 Livernois St.

Ferndale, MI 48220

(248) 545-1435

www.aidsprevention.org/w_a_g_s.htm

WAGS assists low-income HIV positive residents of the Greater Metro Detroit area with supplemental pet food, limited veterinary financial assistance, pet sitters and foster homes. Call directly for further information and enrollment details.

Michigan Humane Society (MHS) Veterinary Hospital

www.michiganhumane.org

Detroit

7401 Chrysler Dr.

Detroit, MI 48211

(313) 872-0004

Rochester Hills

3600 W. Auburn Rd.

Rochester Hills, MI 48309

(810) 852-7424

Westland

37255 Marquette St.

Westland, MI 48185

(734) 721-4195

Provides reduced fees for veterinary services for applicants that are 1) unemployed and otherwise without a source of substantial income or 2) employed or have income but are suffering from extreme financial hardship. To apply, pick up a Reduced Clinic Fees application form from your local MHS Veterinary Hospital and bring completed application along with proof of income and expenses in person on your scheduled appointment date to the MHS Veterinary Hospital from which you received the application.

OTHER RESOURCES

Michigan Health Fraud Task Force (MHFTF)

(313) 393-8109

www.healthfraud.org/mi

The mission of the Michigan Health Fraud Task Force (formerly Michigan AIDS Fraud Task Force) is to help protect the people of Michigan through education about products, drugs, and services which are based on unproven, unscientific or potentially harmful claims to prevent, diagnose, cure or treat diseases and medical conditions including AIDS or HIV infection. All those interested may attend the meetings, which are usually held at the Food and Drug Administration (FDA) Detroit District Office, 300 River Place, #5900, Detroit, MI 48207. Call the number above for more information.

US Food and Drug Administration (FDA)

Detroit District Office

300 River Place, #5900

Detroit, MI 48207

(313) 393-8109

Evelyn DeNike, Public Affairs Director

Email: evelyn.denike@fda.hhs.gov

www.fda.gov

The U.S. Food and Drug Administration is responsible for the regulation and safety of foods (except meat and poultry), drugs, cosmetics, medical devices, blood and blood products, vaccines, animal foods and drugs, dietary supplements and infant formula. They also track adverse reactions to drugs through their MedWatch program www.fda.gov/medwatch. The local Detroit office is the sponsor of the Michigan Health Fraud Task Force, an educational organization to curb fraudulent products and practices. FDA information and presentations are available to groups at no cost.

INTERNET RESOURCES

Advocacy

Michigan People Living with HIV/AIDS Taskforce

www.mipwa.org

*Newsletter, advocacy and support, ADAP formularies, local information

NAPWA (National Association of People Living With AIDS)

www.napwa.org

*Advocates on the behalf of all people living with HIV and AIDS, sponsors conferences, publications

NATAP (National AIDS Treatment Advocacy Project)

www.natap.org

*Promotes education on HIV and Hepatitis C (HVC) treatment, advocates for all people with HIV/AIDS and HVC

Project Inform

www.projinf.org

*Provides vital information on the diagnosis and treatment of HIV disease, advocates for enlightened regulatory, research and funding policies

Clinical Trials/Research

AIDS Info

www.aidsinfo.nih.gov

*Information on HIV clinical trials, treatment and prevention guidelines, drug information, vaccines, Spanish also available

Clinical Trials.gov – National Institutes of Health (NIH)

www.clinicaltrials.gov

*Search engine for recruiting and closed clinical trials, including drug research on Hepatitis C treatments in HIV infected individuals

Specialized Information Services (SIS) – National Library of Medicine (NLM)

www.sis.nlm.nih.gov

*English and Spanish, link to clinical trials, information on drugs, literature

Employment

Goodwill Industries of Greater Detroit

www.goodwilldetroit.org

*Search engine to locate employment resources and various service providers in Metro Detroit, a partner in Project HOPE HIV/AIDS Program

Equipment

Equipment Connection

www.ucp.org/ucp_localdoc.cfm/87/8305/8305/8305-8305/5734

*United Cerebral Palsy (UCP) Michigan has taken over Equipment Connection to link buyers / sellers of used adaptive equipment

General

AEGiS (AIDS Education Global Information System)

www.aegis.org

*Current news, law library, surveillance reports and other data, publications, links and search engine

AIDS Partnership Michigan (APM)

www.aidspartnership.org

*Local resources, newsletter, prevention, and support groups information, staffs Michigan AIDS Hotline

AIDS Research Information Center

www.critpath.org/aric

*Resources for people living with HIV/AIDS, library, links, hotline and service information

American Medical Association (AMA)

www.ama-assn.org

*Links, background information, current ports, treatment guidelines, literature

The Body

www.thebody.org

*General HIV/AIDS health, treatment and research information including Hepatitis C & HIV Co-Infection

Detroit Community AIDS Library (DCAL)

www.lib.wayne.edu/dcal

*Link to local agencies, service information, databases, electronic publisher of User Friendly Manual

Friends Alliance

www.friendsalliance.org

*Local resource for advocacy, support groups, PWH/A Pocket Reference Guide, staffs Michigan PWH/A Support Line

Gay Men's Health Crisis

www.gmhc.org

*Current news, hotline, HIV/AIDS Timeline, general information

Healthfinder

www.healthfinder.gov

*Search engine for health related topics from the National Health Information Center, U.S. Dept. of Health and Human Services

HIV/AIDS Information Outreach Project

www.aidsnyc.org

*New York City based, provides some general and universal information

HIV InSite

www.hivinsite.org

*University of California San Francisco (UCSF) provides treatment, prevention & policy information, current articles, surveillance, links to Spanish HIV/AIDS resources, hosts the online textbook *HIV Knowledge Base*

Johns Hopkins AIDS Service

www.hopkins-aids.edu

*Current news and articles, Q&A section, resource links, prevention, epidemiology and a medical information

MedlinePlus

www.medlineplus.gov

*General medical information for health consumers, compiled by the National Library of Medicine, links to Medline database (PubMed) and MedlinePlus Go Local for finding local health resources

Michigan Go Local

www.lib.wayne.edu/shiffman/migolocal

*Find Michigan local Health resources in this database created by National Library of Medicine (NLM) and coordinated by Wayne State University Shiffman Medical Library and its partners

Medscape

www.medscape.com

*General medical information from WebMD, links to databases, search engines for books and current events, publications

Michigan HIV News

www.mihivnews.com

*News and information for service professionals and volunteers in HIV prevention and care services

PubMed Medline

www.pubmed.gov

*Service of National Library of Medicine (NLM) links to Medline database of over 15 million citations in the biomedical journal literature from the 1950s to present

Teen AIDS PeerCorp

www.teenaids.org

*HIV education and prevention aimed at teens, Peer and Doctor Q&A sections, resources in multiple languages, general HIV/AIDS information

University of Michigan Infectious Disease – HIV/AIDS Treatment Program

www.med.umich.edu/intmed/infectious/hiv

*Local resources, information on support groups, U of M clinical trials and services

Legal

American Civil Liberties Union

www.aclu.org/HIVAIDS

*ACLU cases regarding HIV/AIDS, civil rights, material on issues, and links

Lambda Legal – HIV Project

www.lambdalegal.org

*Legal information on HIV/AIDS and civil rights, issues, state laws, briefs, court rulings, etc.

Life Insurance

Viatical and Life Settlement Association of America (VLSAA)

www.viatical.org

*Selling or buying life insurance policies

HIVPositive.com

www.hivpositive.com

*Click Money Matters on the Main Menu: options include *Insurance Issues*, *Insurance Resources*, and *Selling Your Life Insurance*

Multicultural

Asian and Pacific Islander American Health Forum (APIAHF)

www.apiahf.org

*Focus on Asian Americans' and Pacific Islander Americans' cultural needs, HIV Capacity Building, culturally appropriate standards of care, and program development for CBOs, CSOs, and ASO's

National Minority AIDS Council

www.nmac.org

*Assistance to PLWH/A in communities of color, HIV Prison Initiative, technical assistance for CBOs, directory of local community-based organizations and states' HIV/AIDS hotlines

Nutrition

Association of Nutrition Services Agencies (ANSA)

www.aidsnutrition.org

*Nutrition information for both service providers and clients, on-line newsletter, AIDS Timeline, links

HIV/AIDS Dietetic Practice Group (DPG)

www.hivaidsdpg.org

*Nutrition information for service providers, newsletter, links, publications, policy information, requires membership in the American Dietetic Association (ADA) for further services

Statistics / Surveillance

Centers for Disease Control & Prevention (CDC) – National Center for HIV, STD and TB Prevention (NCHSTP) – Divisions of HIV/AIDS Prevention (DHAP)

www.cdc.gov/hiv

*Statistics and trends reported, prevention and disease information, current headlines

Michigan Department of Community Health (MDCH)

www.michigan.gov/mdch

*Physical Health and Prevention, HIV and STD statistics and reports, and Michigan AIDS Drug Assistance Program (ADAP)

Treatment

AIDS Info

www.aidsinfo.nih.gov

*Information on HIV clinical trials, treatment and prevention guidelines, drug information, vaccines, Spanish also available

AIDS Treatment Data Network

www.atdn.org

*Information about accessing care, treatment, clinical trials, includes some Spanish language

HIV Dent

www.hivdent.org

*Information for HIV/AIDS dental service providers about advocacy, treatment, training, and evaluation of oral health

CREDITS

Linda Alec Draper, MSLS

Coordinator, Detroit Community AIDS Library (DCAL)

Wayne State University - Shiffman Medical Library

(313) 577-8943

Email: LDraper@med.wayne.edu

Website: www.lib.wayne.edu/dcal

Sue Hargrave, MSW, CSW

Community Health Awareness Group (CHAG)

Case Management Supervisor

(313) 963-3434

Ken Pape

Michigan Department of Human Services (DHS)

HIV/AIDS Services Coordinator

(313) 456-1678

Lydia Meyers, MSW, CSW

Community Health Awareness Group (CHAG)

Special Projects Coordinator

(313) 963-3434

Jeffrey A. Boone

Wayne State University

MSLIS Candidate

Desiree Sanders

University of Michigan

MSW Student Intern

Ben Hayes

University of Michigan

MSW Student Intern

Acknowledgments

The authors wish to thank our friends for their invaluable efforts. The following people have been critical in assisting with this manual:

Nicole Bailey

John Bain

Monica Bellamy

Doreen Benson

Mary Lauren Brown

Damien Buchkowski

Clara Choi

Chaplain Donna Clark

Sarah Farrell

Khurram Farooqui

Dr. Frownfelter

Merry Gastambide

Charlie Grose

Jay Kaplan

Diana Kinsey-Steele

Kendra Kleber

Kathy Kustowski

Hollie Malamud-Price

Ellen B. Marks

Skip McClatchey

Joe Mercier

Susan Oakley

Dave Perkins

Doris Piccinin

Doug Pizzala

Virginia Ramseyer

George Ridenour

Debbie Richmond

Ellen Samyn

Matt Smith

Morgan Smith

Bill Vallier

Wendy Gang Wu

Supported through funding from Ryan White CARE Act Title I

Detroit Department of Health and Wellness Promotion, HIV/AIDS Programs.

Copied with permission from Ryan/Henry.

INDEX OF AGENCIES

A

AACC, see Arab-American and Chaldean Council
 AARS, see Access Assessment Referral Services
 Abbott Laboratories, 28
 ACCESS, see Arab Community Center for Economic and Social Service
 Access Assessment Referral Services (AARS), 103
 ACSEM, see AIDS Consortium of Southeastern Michigan
 ADAP, see AIDS Drug Assistance Program
 Adult Education Department, 76
 Affirmations (Gay and Lesbian), 97
 AFL/CIO, see Collaborative on Training and Employment
 Agape House, 53
 AIDS Consortium of Southeastern Michigan (ACSEM), 8, 37
 AIDS Drug Assistance Program (ADAP), 4, 26, 27, 45, 119, 121
 AIDS Interfaith Network, 98
 AIDS Partnership Michigan (APM), 8, 37, 97, 98, 99, 119
 AIHFS, see American Indian Health & Family Services of Southeastern Michigan
 Alcoholics Anonymous, 102
 American Indian Health & Family Services of Southeastern Michigan (AIHFS), 10, 99, 114
 Ameritech, see SBC
 Angela Hospice, 69
 APM, See AIDS Partnership Michigan
 Arab-American and Chaldean Council (AACC), 10, 114
 Arab Community Center for Economic and Social Service (ACCESS), 10, 114

B

BCBSM, see Blue Cross / Blue Shield of Michigan
 Be In Charge Program, 3
 Beaumont, see William Beaumont Hospital
 Benson, Dr. Paul, 16, 20
 Binson's Home Health Care Centers, 67

Blue Cross / Blue Shield of Michigan (BCBSM), 82, 84
 Body, The, 6, 120
 Botsford Hospital, 16, 17
 Bruce Douglas Health Center, 12
 Bureau of Substance Abuse (Detroit), 103

C

Cabrini Clinic, 11, 99
 CAP, see Client Assistance Program
 Capitol Drugs, 27
 Capuchin Community Center, 52
 CARE, see Community Assessment Referral and Education
 Careerbuilder.com, 74
 Cass Community Free Medical Clinic, 11
 Cass Community Social Services, 55, 57
 CDC, see Centers for Disease Control and Prevention
 CDRS, see Access Assessment Referral Services
 Centers for Disease Control and Prevention (CDC), 3, 79, 121
 CHAG, see Community Health Awareness Group
 CHASS, see Community Health and Social Services
 Children's Center, 38
 Children's Hospital of Michigan (CHM), 16, 18, 24, 37, 38, 39, 97, 100
 Children's Special Health Care Services, 38
 CHM, see Children's Hospital of Michigan
 Chronimed Specialty Pharmacy, 27
 Client Assistance Program (CAP), 76
 Co-Dependents of Sex Addicts (COSA), 109
 Coalition on Temporary Shelter (COTS), 55, 57, 58
 Collaborative on Training and Employment (COTE), 75
 Community Assessment Referral and Education (CARE), 103, 106
 Community Care Services, 100, 104, 107
 Community Health and Social Services (CHASS), 11, 112

Community Health Awareness Group
(CHAG), 8, 35, 63, 64, 65, 97, 102, 105
Conner House, 57
Consumer Energy Case Management, 49
C.O.P.E. Personal Development Center,
111
COSA, see Co-Dependents of Sex Addicts
COTE Program, see Collaborative on
Training and Employment
COTS, see Coalition on Temporary Shelter
Covenant Community Care, 12
Craig, Dr. Charles, 25
Crisis Line, 60, 99, 111, 113
Crossroads, 77
Czarnecki, Dr. Gregory, 21

D

DCAL, see Detroit Community AIDS Library
DCCCMH, See Detroit Central City
Community Mental Health
DCHC, see Detroit Community Health
Connection
DDOT, see Detroit Department of
Transportation
DDS, see Donated Dental Services
DEAF Community Advocacy Network
(DEAF C.A.N.), 9, 114
Deaf Counseling Services Center, 114
Department of Human Services (City of
Detroit) 53
Department of Human Services (DHS), 26,
27, 34, 37, 49-51, 54, 62, 63, 66, 71, 79,
80-89, 95
DeRoy Medical Center, 29
Detroit Career Center, 74
Detroit Central City Community Mental
Health (DCCCMH), 58, 107
Detroit Community AIDS Library, 120, 122
Detroit Community Health Connection
(DCHC), 12
Detroit Department of Health and Wellness
Promotion (DHWP) 3, 13, 19, 22, 39, 59,
77, 103
Detroit Department of Transportation
(DDOT), 61, 64
Detroit East Community Mental Health, 58,
107
Detroit Health Care for the Homeless, 12
Detroit Health Department (DHD), See
Detroit Department of Health and

Wellness Promotion (DHWP)
Detroit Hispanic Development Corporation
(DHDC), 105, 115
Detroit Housing Commission, 59
Detroit LIGHT House, 105
Detroit Medical Center (DMC), 19, 20, 23,
24, 36, 37
Detroit MetroLift Paratransit Service, 64
Detroit Police Department Rape Counseling
Center, 111
Detroit Public Schools, 76
Detroit Rescue Mission Ministries (DRMM),
55
Detroit Vital Records, 77
Development Centers, 58
DHD, see Detroit Department of Health and
Wellness Promotion (DHWP)
DHDC, see Detroit Hispanic Development
Corporation
DHS, see Department of Human Services
DHWP, see Detroit Department of Health
and Wellness Promotion
Diplomat Specialty Pharmacy, 27
Domestic Violence Project HOPE, see
Detroit Police Department Rape
Counseling Center
Donated Dental Services (DDS), 21
DMC, see Detroit Medical Center
DRMM, see Detroit Rescue Mission
Ministries
DTE Energy Case Management, 49

E

Eastwood Convalescent Center, 68
Eastwood's. see Conner House
Emergency Food Assistance Program, see
TEFAP
Emergency Telephone Service (ETS), 60
Employment Network (EN), 73
EN, see Employment Network
Energy/Weatherization Program (Macomb
County), 60
Equipment Connection, 119
ETS, see Emergency Telephone Service
Evergreen Counseling Center, 106

F

Family Independence Agency (FIA), See
Department of Human Services (DHS)
Family Road, 103

Father Pops Clinic, 13
 FDA, see Food and Drug Administration
 FIA, See Department of Human Services
 First Step, 111
 Focus: HOPE, 75
 Food and Drug Administration (FDA), 24, 26, 118
 Foundation House, 57
 Freedom House, 115
 FRIENDS Alliance, 97, 120
 Friendship Manor Nursing Home, 68

G

GAA, see Gospel Against AIDS
 Georgian Bloomfield, See Heartland HCC
 Gilda's Club (Cancer), 97
 Gilead Drug Assistance Program, 28
 GlaxoSmithKline, 28
 Goodwill Industries of Greater Detroit, 74, 75, 119
 Gospel Against AIDS (GAA), 98

H

HAAP, see HIV/AIDS Advocacy Program
 Harbor Light, 106, 107
 HARC, see HIV/AIDS Resource Center
 HAVEN, see Help Against Violent Encounters Now
 Havenwyck Mental Health System, 107
 Health Brings Wealth, 112
 Health Emergency Lifeline Programs (HELP), 27, 37, 48, 49, 55
 Healthy Kids, 36, 38, 39
 Heartland HCC - Georgian Bloomfield, 68
 Heat and Warmth Fund, see THAW
 Hegira Oakdale Recovery Center, 107
 HELP, see Health Emergency Lifeline Programs
 Help Against Violent Encounters Now (HAVEN), 111
 Helping Patients, see Partnership for Prescription Assistance
 Henry Ford Extended Care, 67
 Henry Ford Hospice, 69
 Henry Ford Hospital, 3, 16, 18, 23, 24
 Henry Ford OptimEyes, 23
 Hep C Connection, 3
 Herman Kiefer Health Complex, see Detroit Health Department.
 Higher Ground, 97, 98

HIV+ Women and Children Program, see Title IV
 HIV/AIDS Advocacy Program (HAAP), 93
 HIV/AIDS Resource Center (HARC - Washtenaw County), 97
 HOM, see Hospice of Michigan
 Home Heating Energy Assistance, 49
 Homeless Drop-in Center, 55
 HOPWA, see Housing Opportunities for Persons with AIDS
 Horizons Project, 16, 18, 37, 39, 97
 Hospice Care in Michigan, 70
 Hospice of Integrated Health Services, see Hospice Care in Michigan
 Hospice of Michigan (HOM), 69, 100
 Housing Opportunities for Persons with AIDS (HOPWA), 59
 Hutzel Hospital, 16, 19, 35, 36

I

Inner-City Sub Center, 52, 53
 Interim House, 112
 International Institute, 115

J

Jefferson Research Clinic, see University Psychiatric Center (UPC)
 Jewish Family Services (JFS), 63, 97, 115
 Jewish Family Service Transportation Program, 63
 Jewish Vocational Service (JVS), 75
 JFS, see Jewish Family Services
 Job Connection, 74, 75
 JVS, see Jewish Vocational Service

K

Kendra Kleber & Associates, 94

L

La Vida, 112
 Lakeshore Legal Aid of St. Clair County, 93
 Lapeer County Health Department, 39
 LASED, see Latin Americans for Social and Economic Development
 Latin Americans for Social and Economic Development (LASED), 115
 Latino Family Services (LFS), 97, 102, 105, 116
 Lawyer Referral Service, 93

LFS, see Latino Family Services
 Life Points, 102
 Lifeline and Link Up, 49
 Like-minded Individuals Sharing Time
 Encouraging Neighbors (LISTEN), 98
 LISTEN, see Like-minded Individuals
 Sharing Time Encouraging Neighbors
 Livonia Medical Center, 29
 Luther Haven Nursing Home, 68

M

Macomb County Bar Association, 93
 Macomb County Community Mental Health,
 103
 Macomb County Community Services
 Agency, 60, 63
 Macomb County Health Department, 39
 Macomb Food Program, 52
 MADHS, see Michigan Association for Deaf,
 Hearing, & Speech Services
 Managed Rx Plans, 27
 MAPI Free Clinic, 13
 MAPP, see Midwest AIDS Prevention
 Project
 Martha T. Berry Memorial Medical Care
 Facility, 68
 Matrix Human Services, 55, 56
 MAXIMUS, 73
 MDCD, see Michigan Department of Career
 Development
 MDCH, see Michigan Department of
 Community Health
 MDP, see Michigan Dental Program
 Mercy Memorial Hospice, 69
 Mercy Place Clinic, 14
 Mercy Primary Care Center, 14
 MetroLift, see Detroit MetroLift Paratransit
 Service
 MHFTF, see Michigan Health Fraud Task
 Force
 MHS, see Michigan Humane Society
 MI Council on Problem Gambling, 109
 Michigan AIDS Fraud Task Force, see
 Michigan Health Fraud Task Force
 Michigan AIDS Hotline, 42, 99, 119
 Michigan Association for Deaf, Hearing, &
 Speech Services (MADHS), 116
 Michigan Association of Physicians from
 India, see MAPI
 Michigan Dental Program (MDP), 21, 23

Michigan Department of Career
 Development, 73, 75
 Michigan Department of Community Health
 (MDCH), 4, 21, 26, 36, 38, 39, 77, 121
 Michigan Enrolls, 88
 Michigan Go Local, 120
 Michigan Health Fraud Task Force
 (MHFTF), 48, 118
 Michigan HIV News, 120
 Michigan Humane Society (MHS), 117
 Michigan People Living with HIV/AIDS
 Taskforce (MIPWA), 26, 119
 Michigan Protection and Advocacy Services
 (MPAS), 74, 76, 93
 Michigan Rehabilitation Services (MRS),
 see Michigan Department of Career
 Development
 MICHild, 36, 38, 39
 Midwest AIDS Prevention Project (MAPP),
 97, 117
 MIPWA, see Michigan People Living with
 HIV/AIDS Taskforce
 Mission Health, 25
 Mom's Place Program, 57
 Monroe County Community Mental Health,
 100
 Monroe County Health Department, 39
 MPAS, see Michigan Protection and
 Advocacy Services
 MRS, see Michigan Department of Career
 Development (MDCD)
 My Sister's Place Shelter, 113

N

Narcotics Anonymous, 103
 Neighborhood Legal Services Michigan
 (NLSM), 93
 Neighborhood Service Organization (NSO),
 58, 60
 Neighbors Caring for Neighbors Clinic, 14
 NLSM, see Neighborhood Legal Services
 Michigan
 Northeast Guidance Center, 108
 NSO, see Neighborhood Service
 Organization

O

Oakdale, see Hegira Oakdale Recovery
 Center

Oakland County Bar Association, 93
 Oakland County Food Bank, 52
 Oakland County Health Division, 14, 39, 104
 Oakland Family Services, 108
 Oakland Livingston Human Service Agency (OLHSA), 48, 56, 63, 66
 Oakland Primary Health Services (OPHS), 14, 16, 19, 48
 Oakwood Hospital, 16, 19
 Off the Street (OTS), 56
 Ognjan, Dr. Anthony, 16, 20
 OLHSA, see Oakland Livingston Hyman Service Agency
 Omni Continuing Care, 68
 Open Arms, 97
 OPHS, see Oakland Primary Health Services
 Optometric Institute, 23
 OTS, see Off the Street

P

P-FLAG, see Parents & Friends of Lesbians & Gays
 PABSS, see Protection and Advocacy for Beneficiaries of Social Security
 PACE, see Prior Authorization/Central Evaluation
 PACE Intake Unit, 104
 Packard Community Clinic, 15
 Parents & Friends of Lesbians & Gays (P-FLAG), 97
 Partnership for Prescription Assistance, 28
 PATH, see Pontiac Area Transitional Housing
 Pathway Homeless Shelter, 55, 56
 Pembroke Nursing Center, 68
 Perinatal Infectious Disease Clinic, 19, 35, 36, 37
 Pfizer, 28
 Pharmacare Specialty Pharmacy, 27
 Planned Parenthood of Southeast Michigan (PPSM), 29, 31, 33
 Point of Change, 3, 103, 105
 Pontiac Area Transitional Housing (PATH), 58
 Pontiac Medical Clinic, 29
 Positive Images, 56, 58
 Power of Work Support Group, 97
 PPSM, see Planned Parenthood Southeast

Michigan
 Prior Authorization/Central Evaluation (PACE), 104
 Priority Pharmacy, 27
 Project Challenge, 18, 38
 Project Hope (Domestic Violence), 111
 Project HOPE (Employment), 74, 97, 119
 Protection and Advocacy for Beneficiaries of Social Security (PABSS), 74
 Public Health Nursing Services, 36

Q

Qualicare Nursing Center, 68

R

Rape Counseling Center, 111
 REACH Program, 60
 Renaissance Unity, 97
 Roche Diagnostic Systems, 4, 28
 Royal Nursing Center, 68

S

Sacred Heart Rehabilitation Center, 105
 Safe Haven Program, 57
 Safe Horizons, 112
 Salvation Army, 52, 106, 107
 Sanger Medical Center, 29
 SBC, 49
 Section 8 Housing, 59
 Self Help Addiction Rehabilitation (SHAR), 106
 SER Metro Detroit, 75
 Sex Addicts Anonymous, 109
 Sexual Assault Hotline, National, 112
 SHAR, see Self Help Addiction Rehabilitation
 Shelter Association Health Clinic, 15
 Shiffman Medical Library, i, ii, 120, 122
 Simon House, 37, 59, 113
 Sinai Grace, 19
 SMART, see Suburban Mobility Authority for Regional Transportation
 Social Security Administration (SSA), 71, 73, 74, 78, 79, 92
 SolvayPharmaceuticals, 28
 Southwest Counseling and Development Services, 58, 108
 SSA, see Social Security Administration
 St. Clair County Health Department, 9, 39, 104

St. Francis Nursing Center, 68
 St. John Health, 14, 15, 16, 19, 63, 98
 St. Michael Nursing Center, 68
 St. Vincent de Paul Health Center, 15
 Suburban Mobility Authority for Regional
 Transportation (SMART), 61
 Suicide Prevention Center, 60

T

TEFAP (The Emergency Food Assistance
 Program), 52
 THAW (The Heat and Warmth Fund), 50
 Thea Bowman Community Health Center,
 15
 Thumb Region Substance Abuse Services
 Coordinating Agency (TRSASCA), 104
 Title IV Program, 37
 Travelers Aid Society, 56, 63, 78
 Tri-County Dental Health Council, 22
 Tribute Fund, 50
 TRSASCA, see Thumb Region Substance
 Abuse Services Coordinating Agency
 Turning Point, 113

U

UCP, see United Cerebral Palsy
 UCP Detroit, 74
 UDM, see University of Detroit Mercy
 UM, see University of Michigan
 UPC, see University Psychiatric Center
 United Cerebral Palsy (UCP), 119
 United Way Community Services, 50, 76
 University Health Center, 16, 19, 22
 University of Detroit Mercy (UDM) Dental
 Services, 22, 23
 University of Michigan (UM), 16, 20, 25,
 120, 122
 University Psychiatric Center (UPC), 100,
 101, 108
 US Food and Drug Administration, see
 Food and Drug Administration (FDA)

V

VA, see Veterans Administration
 VA Medical Center, 81
 VAST, see Volunteer Accounting Service
 Team of Michigan
 Verizon, 49
 Veterans Administration (VA), 21, 26, 61, 81

Veterinary Hospital, see Michigan Humane
 Society
 Visiting Nurse Association Hospice, 70
 Visiting Nurse Association of Southeast
 Michigan (VNA), 9, 19, 20, 66, 70, 97, 101
 Vital Records, 77
 Volunteer Accounting Service Team of
 Michigan (VAST), 50
 Volunteer Connect, 76
 VNA, see Visiting Nurse Association of
 Southeast Michigan

W

WAGS, see Wonderful Animals Giving
 Support
 Wayne County Crisis Line, 60
 Wayne County Health Department, 39
 Wayne County Neighborhood Legal
 Services (WCNLS), see Neighborhood
 Legal Services Michigan (NLSM)
 Wayne Metropolitan Community Services
 Agency (WMCSA), 60
 Wayne State University (WSU), i, ii, 19, 20,
 23, 24, 105, 120, 122
 WCNLS, see Neighborhood Legal Services
 Michigan (NLSM)
 WDIV, see Job Connection
 Weatherization Assistance Program (City of
 Detroit), 60
 Weatherization Operators, State Map of, 60
 Weatherization Program, 60
 Wellness House, 53, 59
 Western Southern Financial Group, 95
 WIC, 13, 34
 William Beaumont Hospital, 16, 20
 WMCSA, see Wayne Metropolitan
 Community Services Agency
 Women's Justice Center, 113
 Wonderful Animals Giving Support (WAGS),
 117
 Workplace, 75
 World Medical Relief, 67
 Wright & Filippis, 68
 WSU, see Wayne State University

Y

YWCA, See Interim House

Z

Ziad Healthcare Clinic, 16